



Drill Library



Topic: 1 v 1

Drill Name: 1 v 1 Knock 4 Balls Off

Age Group: U11/12

Objectives: A 1 v 1 game that increase coordination and spatial awareness While improving social interaction and introduces finishing skills in 1 v 1 situations

Diagram:



Description: Players start at the cones beside the coach. Coach calls play and one player from each team runs around the first two cones and into the middle. The coach serves a ball to one of the players, making them the attacker. The player tries to beat their opponent and knock one of the four balls off the cone. Once the ball has been knocked off, it stays off. The first team to knock all the balls off wins.

Progressions: Players replace the ball once it has been knocked off.

Coaching Points: Encourage players to attack at speed, while changing directions and using any skills they have learnt.