



Drill Library

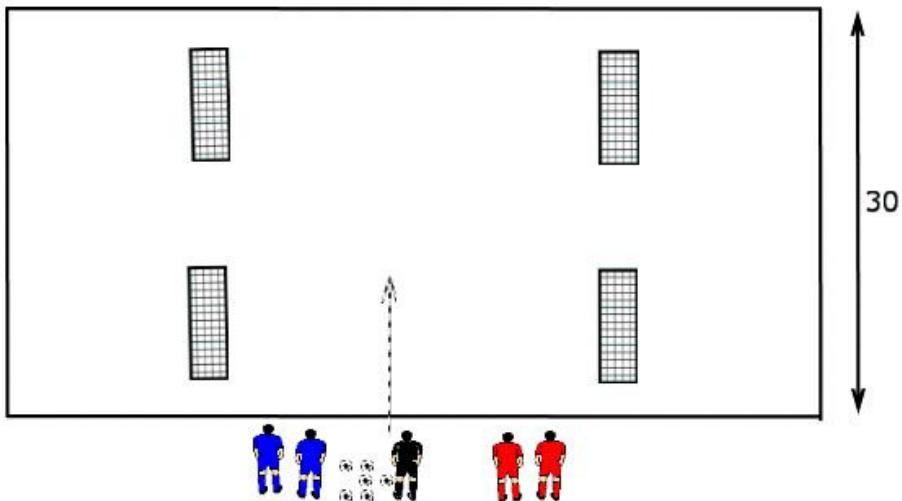


Drill Name: 1 v 1 / 2 v 2 + 4 goals

Topic: 1 v 1

Exercise Purpose: Options, speed, 1 v 1 pass: decision making

Diagram:



Description: Coach calls number for players 2, 3 or 4 of each team to play to score in any goal.

Progressions: 2 v 2 and then 3 v 3

Coaching Points: First touch (direction and speed), Combination play.