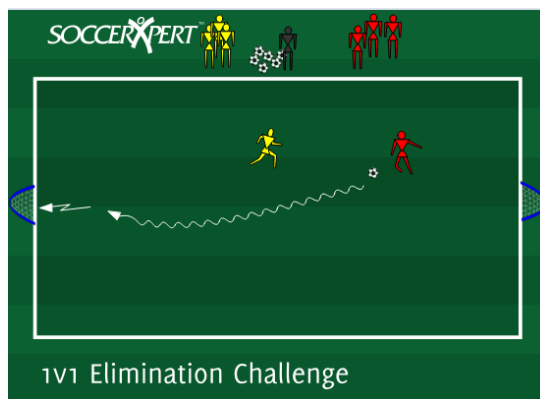




Drill Quick Glance

Age: 7+	Field: 20X30
Players: 4+	Time: 20 MINS.
Difficulty: EASY	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls | Pugg Goal

1v1 Elimination Challenge

Objective:

This drill sharpens 1v1 attacking, defending, and finishing under pressure. Players must react quickly after scoring, transition between attack and defense, and stay composed in high-pressure situations.

Setup

1. Field Size: 20x30 yards
2. Goals: Two small goals (Pugg goals) on each end line
3. Players: Two teams (red & yellow) positioned outside the grid near the midline
4. Ball Supply: Large supply of balls near the coach at midfield
5. Roles:
 - Red Team: Always defends one goal
 - Yellow Team: Always defends the opposite goal

Instructions

1. The coach plays a ball into the field, and one player from each team enters to play 1v1.
2. If a player scores, they stay on the field and quickly return to their half to receive another ball from the coach, making it a make-it-take-it style game.
3. The player who concedes the goal is eliminated and leaves the game.
4. A new defender from the eliminated player's team immediately steps on, and play continues.
5. If the ball goes out of bounds, both players return to their lines, and two new players enter to play.
6. The game continues until one team eliminates all players from the opposing team.

Coaching Points

This drill enhances individual attacking and defensive skills while adding a fun, high-energy elimination component that keeps players engaged and competitive.

- Encourage Aggressive Attacking: Attackers should drive at defenders with pace and confidence.
- Defensive Resilience: Defenders must stay disciplined and delay attackers rather than diving in.
- Quick Transitions: Players should react instantly after scoring and be ready for the next play.
- Finishing Under Pressure: Attackers must use precise shooting techniques to beat defenders and score.
- Game Awareness: Players should anticipate when to attack space or shield the ball based on positioning.

Variations

- Time Limit: Require attackers to score within 5-10 seconds to encourage urgency.
- Weaker Foot Challenge: Players must finish with their weaker foot to improve balance and shooting ability.
- Defensive Advantage: Give defenders a slight head start to increase difficulty for attackers.
- Double Elimination: If a player scores two goals in a row, they can eliminate two opponents instead of one.
- Team Rotation: If one team eliminates all opponents, mix up teams and restart to keep intensity high.