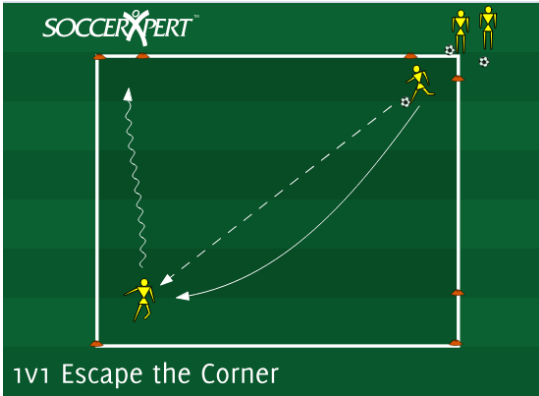




Drill Quick Glance

Age: 9+	Field: 6X6
Players: 4+	Time: 10 mins.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Soccer Balls

1v1 Corner Escape

Objective:

This drill sharpens a player's ability to receive under pressure, recognize defensive cues, and dribble into space. It emphasizes decision-making, ball protection, and breaking away from pressure in tight areas.

Setup

- Field Size: 6x6 yard grid
- Gates: Three 1-yard gates on three sides of the corner grid
The middle gate is placed diagonally, facing the opposite cone
- Players: 4 players per grid
- 3 players with balls at the diagonal gate
- 1 player without a ball at the opposite cone

Instructions

- One of the players with a ball passes to the player on the opposite cone, who must receive the ball in the corner of the grid.
- Immediately after the pass, the passer becomes the defender and applies pressure.
- The receiving player must attempt to dribble through one of the three gates to escape the corner.
- A point is scored only if the ball is dribbled through a gate (no points for passing through).
- The receiver must read the pressure and decide whether to take a close control touch or a larger touch to escape around the defender.
- Rotate roles so all players have a chance to attack and defend.

Coaching Points

- First Touch Awareness: Encourage players to take touches based on the pressure — small if unpressured, big if defender is tight.
- Read the Defender: Attackers must scan quickly and choose the right gate to escape through.
- Body Positioning: Receive the ball on the half-turn to see both the field and the defender.
- Defensive Pressure: Defenders should close down quickly and angle their approach to limit escape options.
- Acceleration: Once an escape route is chosen, explode into space with speed.

Variations

- Touch Limit: Allow only two touches to escape for added challenge.
- Defender Delay: Defender must count to 1 before applying pressure to simulate real timing.
- Smaller Gates: Narrow the gates to demand more precise control and execution.
- Left/Right Only Rounds: Restrict dribbling escape to specific gates to work on directional skills.
- Add a Timer: Players must escape within 5 seconds to encourage quick decision-making.