



Drill Quick Glance

Age: 4+	Field: 10X10
Players: 6+	Time: 20 MINS.
Difficulty: MEDIUM	Focus: ATTACKING
Keeper: NO	Type: INDIVIDUAL
Author: Colton Roundtree	

Equipment

Disc Cones/Markers | Soccer Balls | Training Sticks

1v1 Reaction Gate Challenge

Objective:
This drill enhances 1v1 attacking and defending skills by training quick decision-making, reaction speed, and close ball control. Attackers learn to use deception, while defenders focus on anticipation and body positioning.

Setup

- Field Size: Approx. 30x30 feet (diamond-shaped)
- Players: Two lines (attackers with a ball & defenders)
- Gates: Two small gates using training sticks or cones, placed equally between the two lines, about 30 feet apart
- Ball Supply: One ball per attacker

Instructions

- The first attacker in line dribbles forward and quickly chooses which gate to attack.
- The first defender in line steps out and tries to stop the attacker from dribbling through either gate.
- Attackers use feints, changes of pace, and body movement to get past the defender.
- Attackers can change gates to attack the other gate if the defender has effectively defended a gate.
- If the attacker successfully dribbles through a gate, they earn 1 point.
- If the defender wins possession or forces the attacker away from the gates, they earn 1 point.
- Players rotate after each round, and the first team to 10 points wins that round.

Coaching Points

- Attackers should use explosive changes of direction and speed to throw off defenders.
- Encourage creative dribbling moves, such as scissors, step-overs, or shoulder feints.
- Defenders must stay low, react quickly, and use proper foot positioning to force the attacker away.
- Emphasize quick transitions after each play to keep the intensity high.
- Keep players engaged by reinforcing competition and rewarding effort.

Variations

- Weak Foot Challenge: Attackers must use their weaker foot when dribbling.
- Time Limit: Attackers must attempt to score within 5 seconds.
- Bonus Points: Award an extra point for attackers who successfully use a skill move before scoring.
- 2v1 Variation: Introduce a second attacker to create a passing option and force defenders to make split-second decisions.
- This drill is excellent for sharpening individual skills and reaction speed while keeping players engaged in a competitive setting.