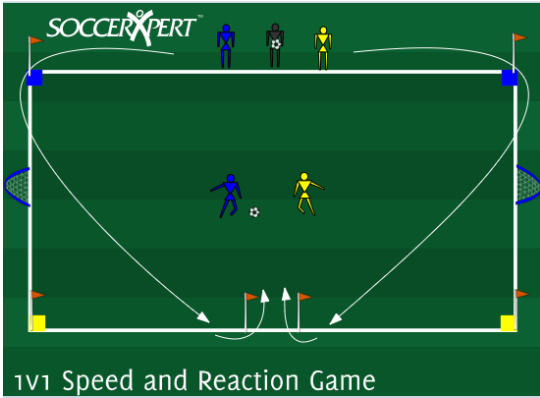




Drill Quick Glance

Age: 7+	Field: 15X25
Players: 4+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

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

1v1 Speed and Reaction Game

Objective:
This 1v1 Speed and Reaction Game is a fun addition to any practice that focuses on quick reaction and speed, ending with a 1v1 to small goals.

Setup

1. Create a grid about 15x25 yards. Adjust the size of the grid based on the age, size, and skillset of your team.
2. Set small goals on each end of the field.
3. Split the team into two groups. Each group starts on the same sideline as the coach.
4. The coach should have a supply of soccer balls.
5. Create a gate with cones or flags in the center of the opposite sideline.
6. With colored cones, or pinnies, clearly define one side as blue, and the other as yellow.

Instructions

1. On the coaches command players sprint around the color called, then sprint through the gate on the opposite side of the field.
2. The coach tosses a ball into the center of the field where either player can attack either goal.
3. Once a goal is scored, or the ball goes out of bounds, a player from each team steps up and the coach calls another color.

Coaching Points

- Quick reaction from players.
- Sprint around and through the gate.
- Battle for the ball and score as quickly as possible.

Variations

- Decrease the size of the field to work on closer sprints and footwork.
- Increase the size fo the field to work on longer sprints and more space on the field.