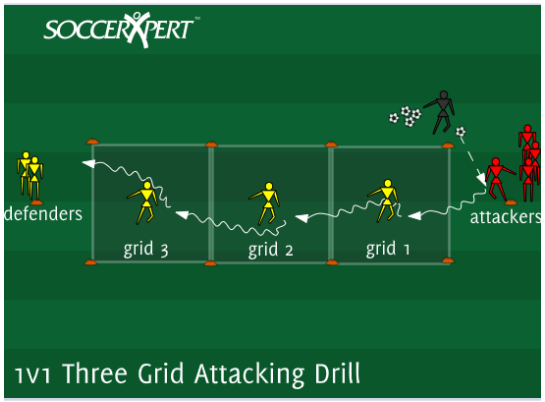

1v1 Three Grid Gauntlet Attacking Drill

Objective:
The 1v1 three grid attacking drill focuses on dribbling to beat multiple defenders.

Drill Quick Glance

Age: 9+	**Field:** 10X40
Players: 6+	**Time:** 20 MINS.
Difficulty: MEDIUM	**Focus:** 1V1
Keeper: NO	**Type:** INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

Setup

1. Create a gauntlet with three adjacent grids that are 10x10 yards each.
2. Split the team into two groups. One group attackers, the other are defenders.
3. Attackers will start at one end line about 7 yards from the grid.
4. Start with a defender in each grid and the remaining defenders at the opposite end of the attackers about 7 yards from the grid.
5. The coach should be on the end with the attackers with a large supply of soccer balls.

Instructions

1. The coach passes into the first attacker.
2. The attacker attempts to dribble through grid 1, grid 2, and then grid 3.
3. If the defender wins the ball in either of the grids, or the ball is played out of the area, the attacker returns to the attacker line.
4. The defenders all move up one grid closer to the attacker. The defender in grid 1 returns to the defender's line.

Coaching Points

- Get the ball under control quickly.
- Attack with speed.
- Attack the defenders front foot.
- Attempting to attack the space behind the defender.
- Use fakes and feints to off balance the defender.
- Quick change of pace and change of direction. Speed is critical.
- Make sure the player is in control of the ball and not just kicking the ball forward.

Variations

- Have the defenders play at 50% if the attackers are struggling. After they are more comfortable, increase the defensive pressure.
- Make sure both teams attack and defend.