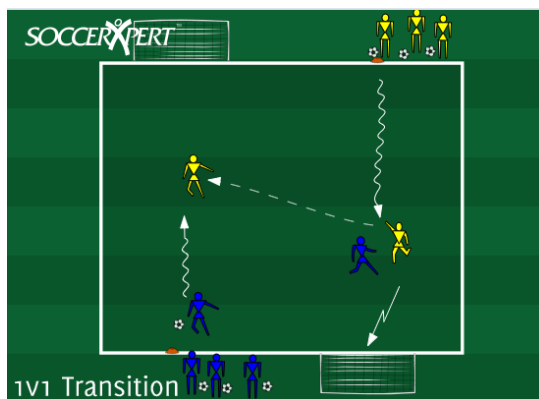




### Drill Quick Glance

|                              |                         |
|------------------------------|-------------------------|
| <b>Age:</b> 8+               | <b>Field:</b> 25X25     |
| <b>Players:</b> 6+           | <b>Time:</b> 20 MINS.   |
| <b>Difficulty:</b> MEDIUM    | <b>Focus:</b> ATTACKING |
| <b>Keeper:</b> NO            | <b>Type:</b> Team       |
| <b>Author:</b> Chris Johnson |                         |

### Equipment

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

## 1v1 Transition

### Objective:

This is a fast-paced 1v1 game that focuses on quickly transitioning from the attack to defense.

### Setup

1. Create a grid approximately 25x25 yards.
2. Instead of lining up the goals in the center of the end line, offset the two goals on either side of the grid.
3. Create a starting point across from the two offset goals.
4. Split the team into two groups giving each group their own color jersey.
5. Each player in line should have a ball.

### Instructions

1. Split the team into two even groups.
2. The first player from one line will set up to attack the goal in front of his line.
3. One player from the opposite line will step in to defend the attacker.
4. As the attacker shoots on goal, the attacker from the other line attacks the goal in front of that player.
5. The player that just shot will immediately transition to defense and attempt to stop the new attacker.
6. Once the new attacker shoots the next player in the other line then attacks and the play continues.
7. Players must quickly transition to defense as soon as the shot is taken on goal.
8. The game is meant to be fast paced and everyone working at top speed.
9. After attacking the goal and defending, players should return to the same starting point as they began.

### Coaching Points

- Attackers take on the defender and as soon as they shoot they must quickly transition to defense and quickly tackle and defend the attacker from the other group.
- Transition should be instinctful and not thought out.
- Attackers move quickly into defensive position as soon as ball is lost.

### Variations

- None