



Drill Quick Glance

Age: 4+	Field: 20X30
Players: 4+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: 1V1
Keeper: NO	Type: INDIVIDUAL
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Equipment

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

1v1 with 4 Small Goals Funino

Objective:
This drill improves 1v1 attacking skills, defensive positioning, and finishing under pressure. Players learn to recognize attacking opportunities while also being responsible for defending their assigned goals.

Setup

- Field Size: 20x30 yards
- Goals: 4 small goals (two on each end line)
- Players: Two teams (yellow & blue) positioned outside the grid between their two defending goals
- Ball Supply: Large supply of soccer balls with the coach at the midline
- Roles:
Yellow Team: Defends two goals, attacks the opposite two goals
Blue Team: Defends two goals, attacks the opposite two goals

Instructions

- The coach plays a ball onto the field to start play.
- One player from each team steps onto the field to compete 1v1.
- Players attempt to score on one of their two attacking goals while preventing their opponent from scoring.
- Play ends when a goal is scored or the ball goes out of play.
- Both players return to their team's starting area, and the next set of players enters the field.
- Repeat the cycle until all players have multiple rounds of play.

Coaching Points

This drill enhances 1v1 attacking skills, defensive decision-making, and finishing ability while keeping players engaged in a competitive setting.

- Encourage Creativity: Attackers should use feints, dribbling moves, and changes of pace to beat their opponent.
- Defensive Discipline: Defenders must stay low, delay the attacker, and force them into difficult angles.
- Decision-Making: Players must quickly decide which goal to attack based on space and defender positioning.
- Speed of Play: Encourage quick transitions between attacking and defending.
- Finishing Accuracy: Players should aim for precise finishes rather than power.

Variations

- Limited Touches: Restrict players to three touches to encourage quick decision-making.
- Time Constraint: Require players to score within 5-10 seconds to increase urgency.
- Weak Foot Challenge: Players can only score with their weaker foot.
- Defender Advantage: The defender starts closer to the ball to increase difficulty for the attacker.
- Team Challenge: Track individual and team goals to add competition and motivation.