## Drill Quick Glance

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| **Age:** 4+ | **Field:** 20X30 |
| **Players:** 4+ | **Time:** 15 MINS. |
| **Difficulty:** MEDIUM | **Focus:** 1V1 |
| **Keeper:** NO | **Type:** INDIVIDUAL |
| **Author:** Chris Johnson | |

## 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

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

## Instructions

1. The coach plays a ball onto the field to start play.
2. One player from each team steps onto the field to compete 1v1.
3. Players attempt to score on one of their two attacking goals while preventing their opponent from scoring.
4. Play ends when a goal is scored or the ball goes out of play.
5. Both players return to their team's starting area, and the next set of players enters the field.
6. 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.