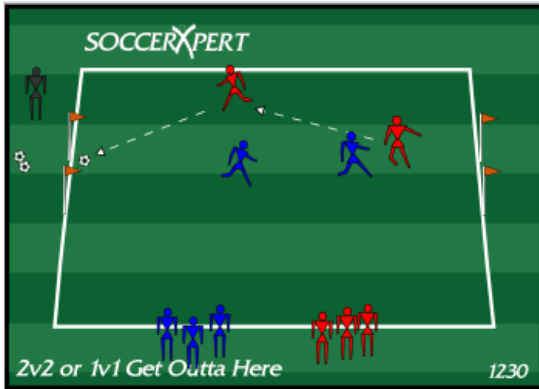




Drill Quick Glance

Age: 9+	Field: 15X25
Players: 8+	Time: 20 mins.
Difficulty: Hard	Focus: Game-like
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

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

1v1 or 2v2 - Get Outta Here

Objective:
This drill is a very fast paced 1v1 or 2v2 soccer game that focuses on aspects of the small sided game such as dribbling, passing, and scoring.

Setup

1. Set up a 15X25 yard grid. You can adjust the size of the field based on the age and skill level of the players.
2. Place training sticks or a small goal at each end.
3. Divide the team into two teams.
4. Assign each team a goal to defend as each team will always defends the same goal.

Instructions

1. Players line up on each side of the coach who stands at the side line with a supply of ball.
2. The coach plays a ball in the grid, and the first person from each line plays 1v1.
3. If a player scores, they stay on, and the player who was scored on returns to their line.
4. If the ball goes out of bounds, both players are "outta there," and these players must sprint off the field and return to their line. Players from each team quickly enters the grid to play 1v1.
5. The coach immediately plays a ball back into the game to the team that scored.
6. This is a very fast-paced game.

Coaching Points

- Promote good small group passing, early support, good skills to beat defenders and taking shots.

Variations

- Increase the field and progressing to the 2v2 then a 3v3.
- Limit touches during the 2v2 or 3v3 game to encourage passing.
- Enforce limitations such as beating a player before passing to encourage players taking on defenders.