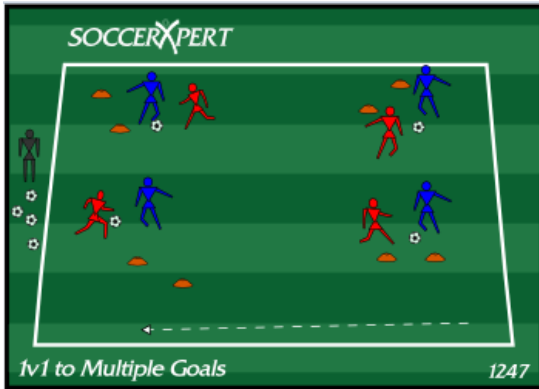




Drill Quick Glance

Age: 4+	Field: 30X30
Players: 6+	Time: 15 mins.
Difficulty: MEDIUM	Focus: DRIBBLING
Keeper: NO	Type: INDIVIDUAL
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

1v1 to Multiple Goals (Dribbling)

Objective:
This 1v1 soccer drill is an excellent drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man-marking.

Setup

1. Create a 30X30 grid. Adjust the size of the grid based on the age, number, and skillset of the players.
2. Split your team into groups of two with one ball per group.
3. Randomly set up small windows, about 2-3 yards, with training sticks, flags, or disc cones within the area.
4. Assign a group of players per window.
5. Each group begins at their window.

Instructions

1. Each team plays one vs. one using their goal only.
2. Award a point each time dribbling across the goal line.
3. Players can score from either side of their own goal.
4. Players play 1 to 2-minute games and rotate players.

Coaching Points

Attacking: Head up and aware of other players, change of direction, close control, and change of pace.
Defending: Bent Knees, aware of the attacker, tracking attacker's movement and protecting the goal.

Variations

- Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other teams.