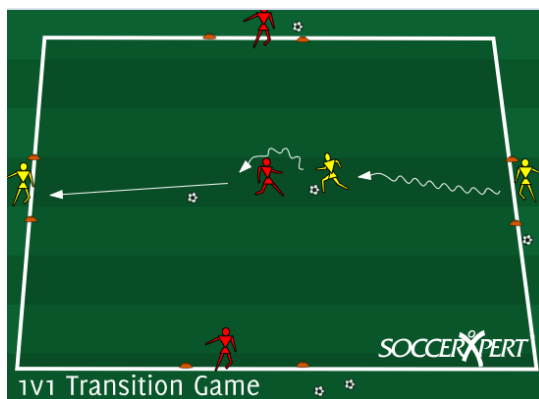




Drill Quick Glance

Age: 7+	Field: 15X15
Players: 6+	Time: 15 MINS.
Difficulty: MEDIUM	Focus: 1v1
Keeper: NO	Type: Team
Author: Chris Johnson	

Equipment

Disc Cones/Markers | Scrimmage Vests | Soccer Balls

1v1 Transition Game

Objective:

That is a fast paced 1v1 transition game mean to focus on beating the defender and getting it into your teammate, or quickly transition to defense if the ball is lost.

Setup

1. Split 6 players into two groups with different color jerseys.
2. Create a 15X15 yard grid.
3. Using cones, create a 5 yard window on each of the 4 sides of the grid.
4. Teammates should line up in the window across from their own team.
5. One player from one of the two teams starts as a defender.

Instructions

1. One team starts with the ball to attack the defender in attempt to get across the grid to their teammate waiting in the window.
2. If the attacker successfully passes to their teammate, the new attacker then takes on the same defender and attempts to beat the defender and get to the other side of the grid to the waiting attacker.
3. If the defender wins the ball, they play a ball to either of their teammates along the side. The attacker losing the ball becomes defender.
4. The play continues as attackers lose the ball they immediately become the defender.

Coaching Points

- Attackers move with speed to take on the defenders.
- Attackers make one or two quick feints and fakes before getting the ball to their teammate.
- Attackers as soon as the ball is lost, quickly transition to defense and win the ball back quickly.
- Defenders, good body position on the attacker. Remember fast, slow, get down low, and get your hands on the attacker.
- Defenders remember ball or player, never both.

Variations

- None