

6-12

# 1v1's

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## Set Up

🕒 15 mins

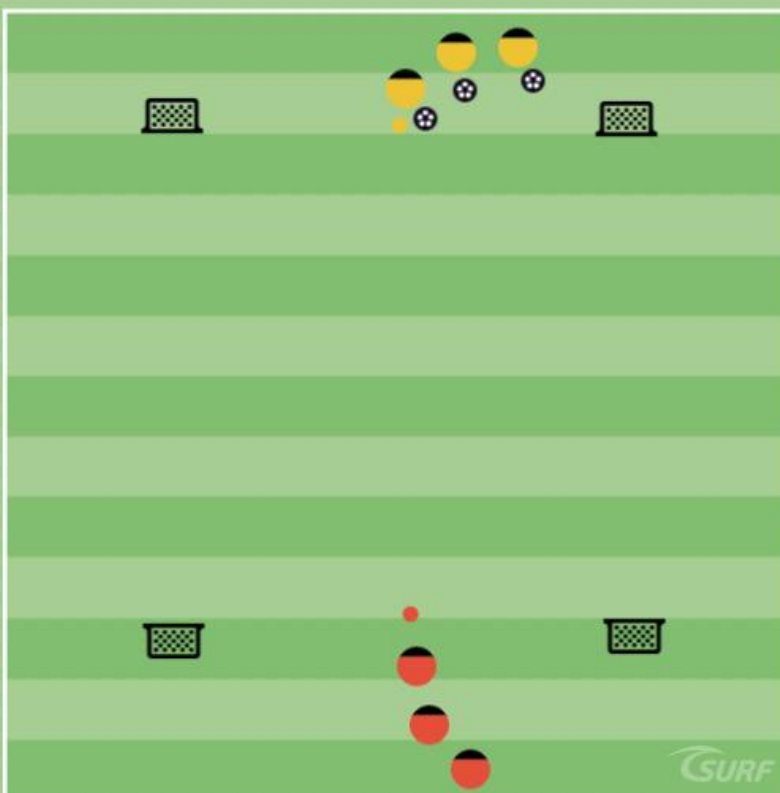
👤 8 players

⚽ 4 balls

👕 8 bibs

🚩 4 cones

🏠 20x20 area



## Drill Overview

- Defenders on one side with the ball - pass to attackers to begin the drill
- Attackers try to beat the defenders and score in one of the two pug goals
- When the drill is over - the attacker joins the defensive line and defender joins the attacking line
- Progression - If the defender wins the ball they can attack to the opposite goals

## Key Coaching Points

1. First Touch - control with inside of foot
2. Get to the goal as quickly as possible
3. Go and meet the ball when it is travelling
4. Use skill & speed to beat opponent