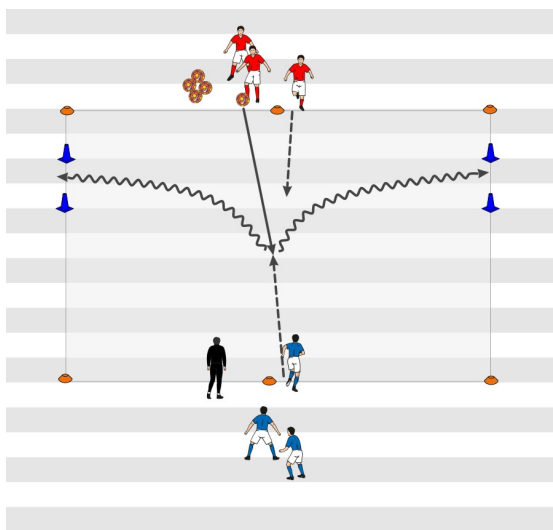



## TRAINING EXERCISE

### 1v1 to Get Away



 **Individual attacking**  
**Dribbling**  
**Running with the Ball**  
**Turning**

 **U8 to U12**

 **1 to 1 Players**

 **balls, cones**

 **Intensity: 5**

 **15:00 min**  
(3 x 04:00 min, 01:00 min rest)

#### Objective

Improve Individual Attacker's ability to get away from defender

#### Description

12x15 yard grid with 2 gates on each side as shown. Players divide themselves on opposite sides. 2nd defender begins game with pass to opposite side. Attacker comes to meet the ball then dribbles through either gate while defender tries to win possession. If defender wins possession, they try to dribble through either gate

#### Key Points

Use small touches (top of foot or pinky toe) to keep ball close. Use changes of direction speed to get away from defender. Use fakes, feints and moves (stop-start) to get away from defender. Accelerate with a big touch