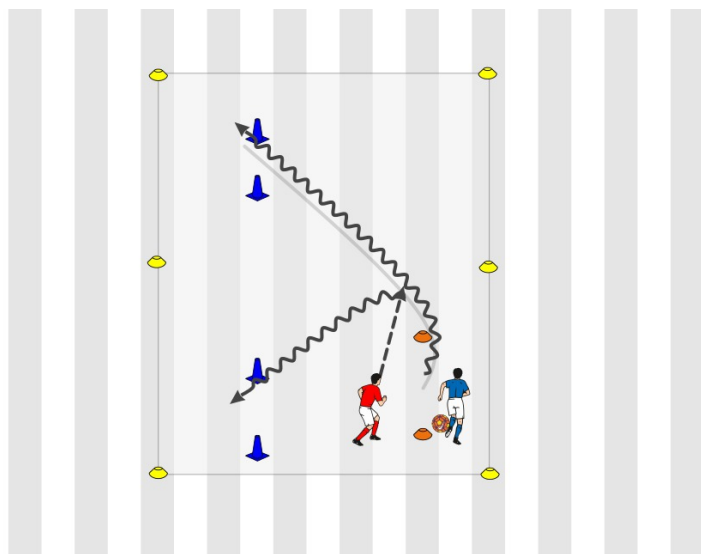


## TRAINING EXERCISE

### 1v1 to Get Around



#### Objective





Improve Individual Attacking ability to get around an opponent

#### Description

15x12 yard grid. Place cones inside grid on end line and 4 yards off. Create 2 gates as shown about 3-4 yards wide. Attacker dribbles to cone at speed then tries to dribble through either gate. Defender begins trying to win possession once the attacker gets to the cone and scores by dribbling back across starting cone. Award more points for dribbling through gate 2.

#### Key Points

Keep the ball close with small touches (pinky toe or top of foot) then a big touch to get away. Use Stop-Start move to lose defender. Accelerate away.

	<b>Individual attacking</b> <b>Ball Control</b> <b>Dribbling</b> <b>Running with the Ball</b> <b>Turning</b>
	<b>U8 to U12</b>
	<b>1 to 1 Players</b>
	<b>cones, balls</b>
	<b>Intensity: 5</b>
	<b>15:00 min</b> (3 x 04:00 min, 01:00 min rest)