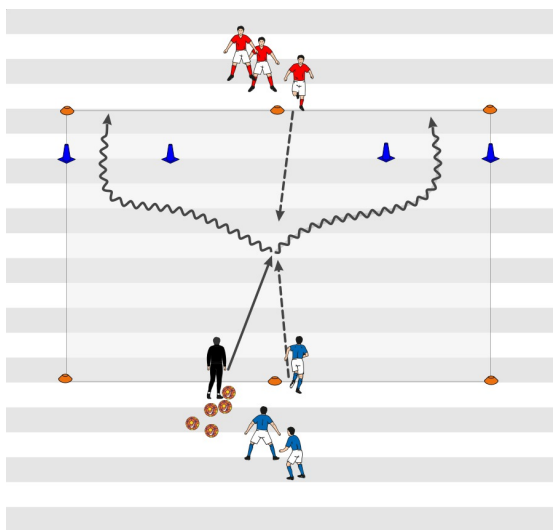


TRAINING EXERCISE

1v1 to Get Behind



Objective

Improve Individual Attacker's ability to get behind a 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 to the attacker's line. Players switch sides after each attempt.

Key Points

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

	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)