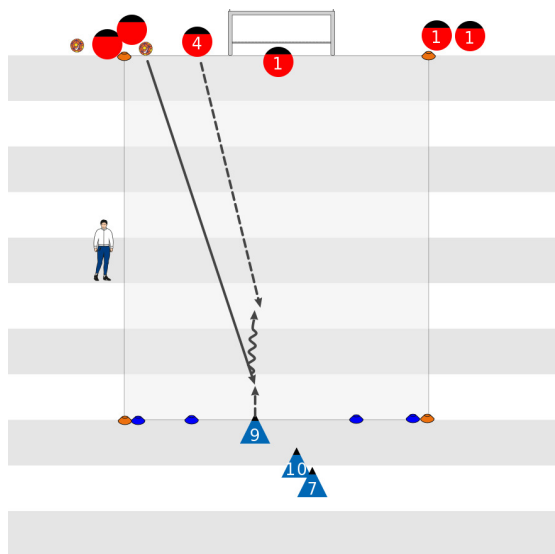


TRAINING EXERCISE

1v1 to Large goal and gates with GKs



Objective

Improve the following: 1v1 defending, 1v1 attacking, and goalkeeper angle play and shot stopping

Description

16x20 yard area with a large goal and 2 gates on the opposite end. Have the coach or 2nd player in the defenders line pass the ball to the attack to begin the game. Players rotate from Attacker to Goalkeeper to Defender lines

Key Points

Attackers - attack space. Make space with a move. Find a window to shoot! Toes down, curled under your foot. Make a fist in the shoe. Strike through the center of the ball to target with the big toe bone. Control the follow through. Defenders - Press with fast approach, slow arrival. Posture - knees bent, 1 foot forward, hand up, happy feet. Patience - wait, tackle with a 100% chance to win the ball. Goalkeeping - gorilla stance on the ball line, Low contour - knee down but not to ground, pinkies together, bank it! Mid contour - knees bent, thumbs and pointers together, elbows in, bank it. High contour - thumbs and pinkies together, catch at your highest point, bank it.

Individual attacking
Individual attacking
1v1 Defending
Goalkeeping - Positioning
Goalkeeping - Shot Stopping

U8 to U9

1 to 2 Players

large goal, cones, balls

Intensity: 7

10:00 min
(5 x 00:30 min, 01:30 min rest)