

1v1 Cone Soccer



Organization

- The playing field is divided into 4 grids, each grid has a pylon in the middle of the grid.
- The objective of the game is for the RED player to keep the ball away from the BLUE player and try to knock over the pylon.
- If the BLUE player wins the ball from the RED player, they are also looking to knock over the pylon.
- If a goal is scored, the player that got scored on gets the ball and the pylon is reset to a standing position.

Set up

Total Duration = 15 minutes

- Total Grid Size = 20 - 30 yards Width x 20 - 30 yards Length
- Number of Players = 12 - 16 players, in groups of 2
- Number of Soccer Balls = 1 ball per pair
- Number of Goals = 1 pylon (goals)

Coaching Points

- ⇒ Keep the ball close
- ⇒ Head Up
- ⇒ Find the open space

Progressions

- ⇒ Make the activity a 2v2 game