

1 vs 1 Continuous



Organization

- Set up 2 horizontal gates at the halfway point of the playing area and 2 vertical gates level with where the attacker's starting point is.
- Play will start with the defender (red) passing the ball to the attacker (blue). If the players aren't able to complete the pass then have the coach pass it in.
- The attacker will look to beat the defender by dribbling through either blue gate.
- If the defender wins the ball, they are looking to dribble forward through any of the red gates.

Coaching Points

- ⇒ Keep the ball close and under control.
- ⇒ Use feints and dekes (Lateral Movements) to beat the

Regressions / Progressions

- ⇒ Add in that when the defender wins the ball, they will look to dribble the ball back into the middle box for 2 points.

Set up

Total Duration = 15 minutes

- Total Playing Area = 15 yards width x 15 yards length
- Number of Players = 12 - 16 players
- Number of Soccer Balls = 1 ball per player
- Number of Goals = 0 goals