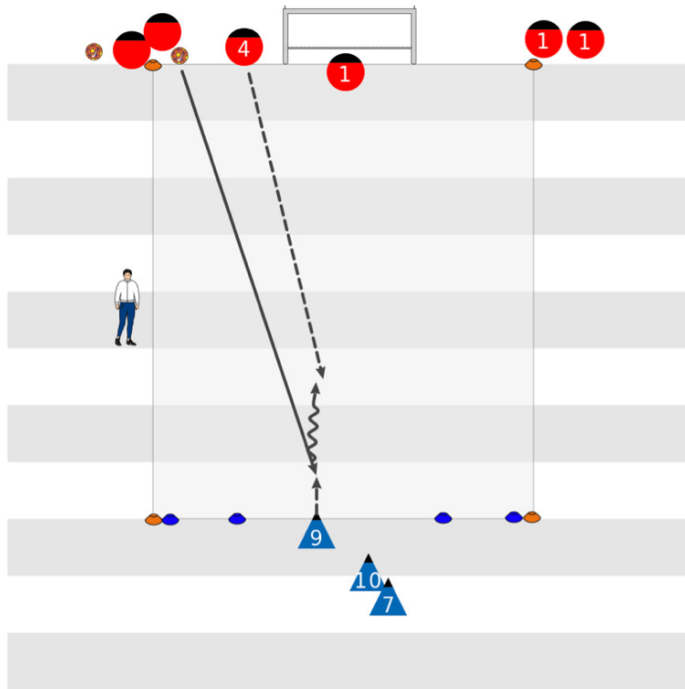


1v1 to Large Goal and Two Gates with Defender (GK)



1 v 1

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

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.

Defender passes the ball to the attacker to begin the game. (For U5/ U6, coaches make the pass.)

Attackers must take a minimum of 'TWO touches' before shooting the ball.

No GK or second defender until U9/ U10.

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 (if applicable by age)

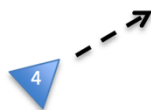
- Gorilla stance on the ball line,
- Low contour - knee down but not to ground, pinkies together, bank it!
- Mid contour - knees bent, thumbs and pointers together, elbows in, bank it.
- High contour - thumbs and pinkies together, catch at your highest point, bank it.

DIAGRAMING KEY & SYMBOLS:

PLAYERS: Team your training
(Functional Exercises Use Positional Numbering)



PLAYERS: Opposition
(Functional Exercises Use Positional Numbering)



PASSES represented using **thin lines** with a head. The **length** to the arrow-head is an indication of the **distance**. The arrow-head represents the end point of the pass. **For accuracy, the angle and length should be drawn in proportion to the field diagram in which they are placed.**

DRIBBLING or RUNNING WITH THE BALL is represented using **squiggled line** with an arrow-head.

PLAYER MOVEMENT or RUNNING WITHOUT THE BALL represented using **dashed line** with an arrow-head. **Angle of the point of triangle represents angle of approach by the player**