

## 1V1 BREAKAWAYS TO GOAL

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Transition and attacking rhythm
- + Counter attacking and finishing breakaways

#### Competencies:

- + Individual attacking
- + Running with the ball
- + Shooting technique

### WHY USE IT

This activity allows players to practice finishing breakaways to goal with trailing pressure.

### SET UP

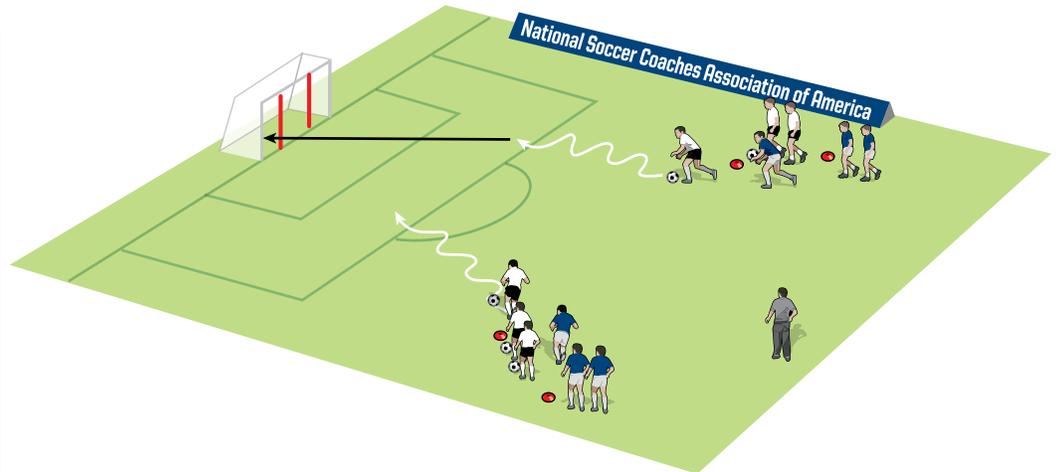
Set up two cones near midfield, both at an angle to the goal, with one cone approximately 3 yards behind the other. The players lined up behind the cone closest to goal are the attackers, and should each have a ball. Use flags or poles to mark corner target zones 2 yards inside each post.

### HOW TO PLAY

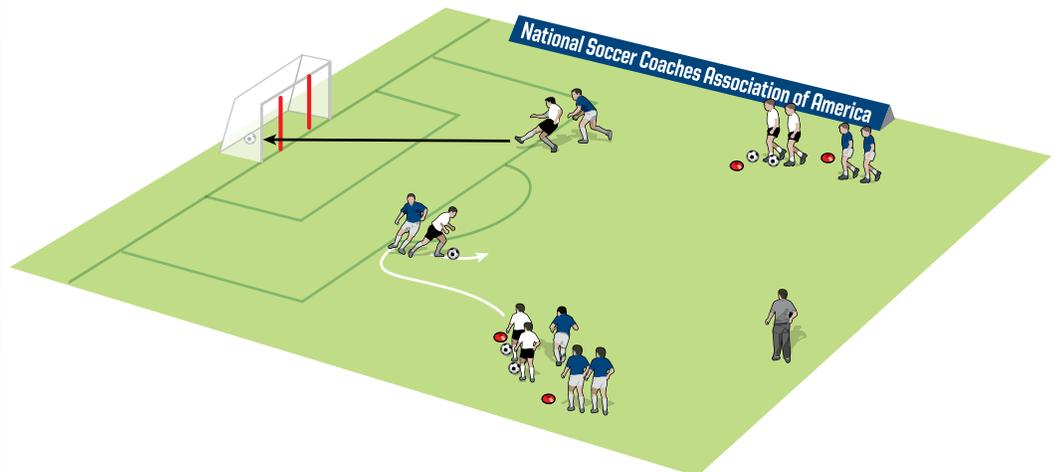
The first attacker starts the breakaway by dribbling to goal, and the first player on the other cone chases the attacker and attempts to cut him off before he can shoot. Switch lines so all players get several opportunities to an attacker and defender. The player scoring the most goals (in the corners only) before time expires wins.

### COACHING NOTES

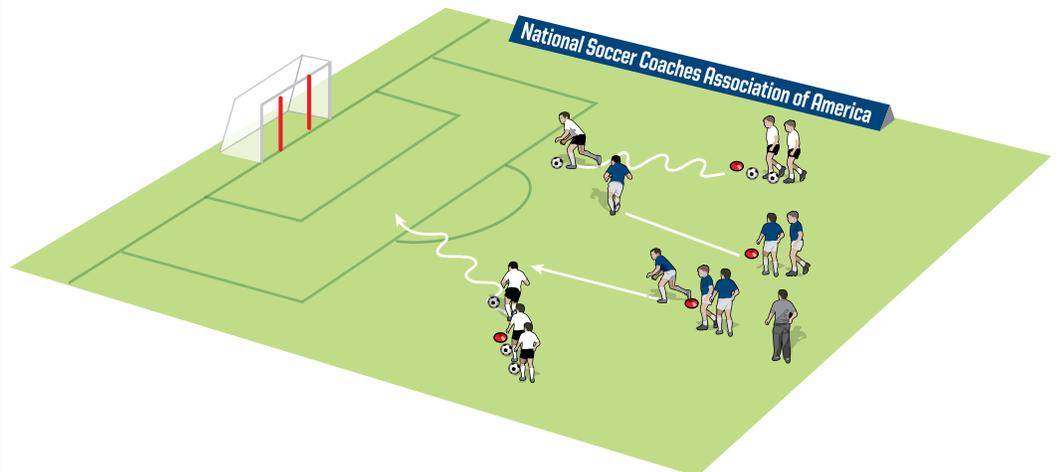
- + Coaching objectives - Attack the goal at speed, get "between the pipes" as quickly as possible, and never stop your own breakaway by cutting the ball back.
- + Coaching tip - Don't use a goalkeeper so you can have multiple groups going at once from different angles.
- + Adaptations - Change the starting positions for both attackers and defenders so that the breakaways start from different angles, and so that pressure comes from different angles.



- + Play begins when the attacker takes the first touch on the ball.
- + Encourage the attackers to fake the first touch at times to keep the defenders "honest".



- + The attack ends if the defender succeeds in stopping the dribbler's forward momentum.
- + Shots must be scored in the corners; anything down the middle is considered "saved".



- + Change the starting positions of attackers and defenders to mimic different game scenarios
- + Keep score, and recognize the winners.

