

1V1 TO GOAL

STAGES COVERED BY ACTIVITY

Stages 1, 2 & 3 - 3-11 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling
- + Ball mastery.
- + 1v1 Attacking and Defending
- + Shooting at an unopposed goal

Competencies:

- + Turns and feints- basic
- + Dribbling basics
- + Beating and escaping an opponent
- + Basic shooting technique

WHY USE IT

1v1 to Goal gives players the chance to score a goal after they have performed an introductory move. The activity includes dribbling, take on moves and goal scoring.

SET UP

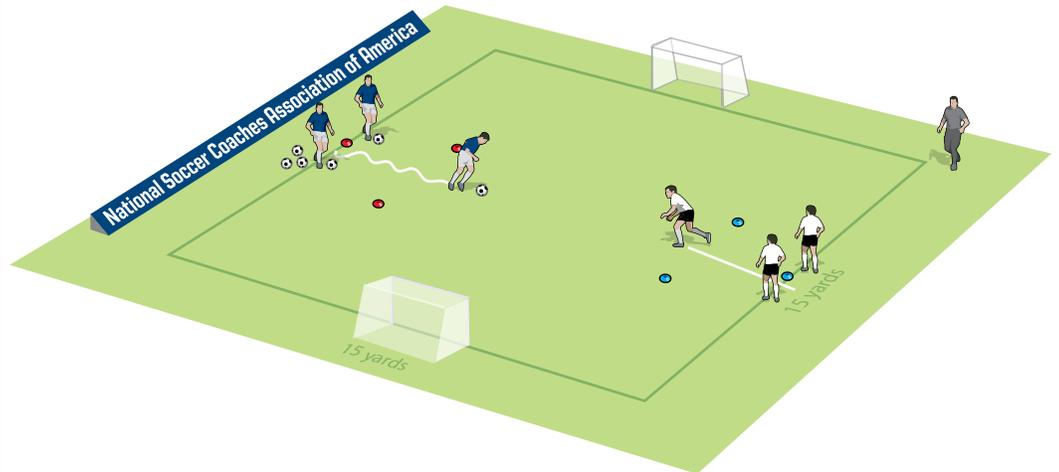
A 15x15 yard square with 2 goals on opposite sides, located centrally along the line. On the other 2 sides of the area, set up 2 cones opposite each other. Ideally, set up 2 areas to maximize the activity time for each player. 4 teams of 3 players with colored training vests - 2 teams at each area.

HOW TO PLAY

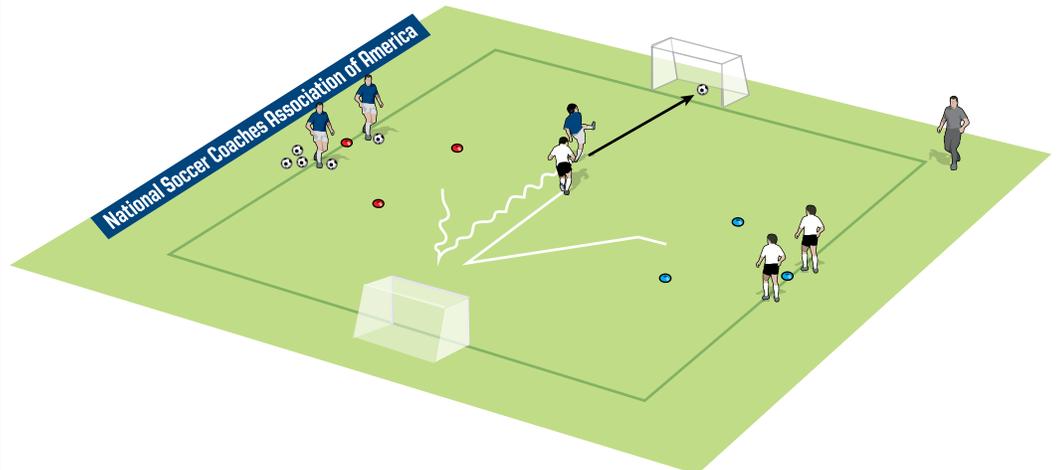
This activity is most appropriate for players that have progressed from introductory dribbling activities. Each team is situated behind a cone, facing each other. One team starts with the balls. The first player in the line dribble towards the center of the square and the first player from the other line comes forward to defend. Once the dribbler goes through a cone gate, he/she can dribble towards either of the goals to the left or right. The defender attempts to win the ball and score in either goal.

COACHING NOTES

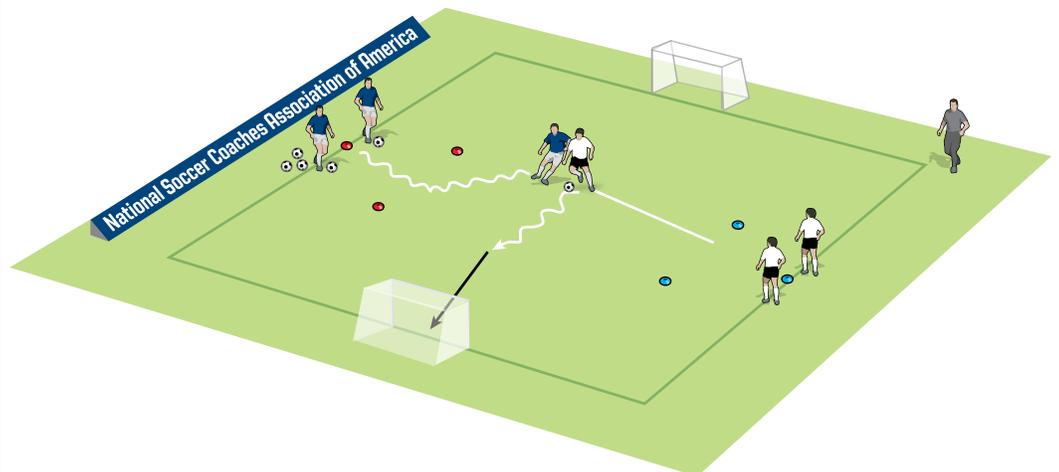
- + Coaching objectives - The goals are strategically placed to enable the coach to work with players on dribbling laterally and using different cut moves before scoring.
- + Coaching tip - Utilize assistant coaches to occasionally split the group so players receive more involvement and touches.
- + Adaptations - Although passing is not a key focus at the first stage, give players they opportunity to experience playing as a 'team' - 2v2 - 1 ball.



- + First player dribbles out towards the center.
- + The dribbler must pass through the gate before scoring.



- + Player encouraged to use 'cut' moves to change direction.
- + Work with players to use a move to keep ball away from pressure.



- + If the defender wins the ball, he/she can score.

