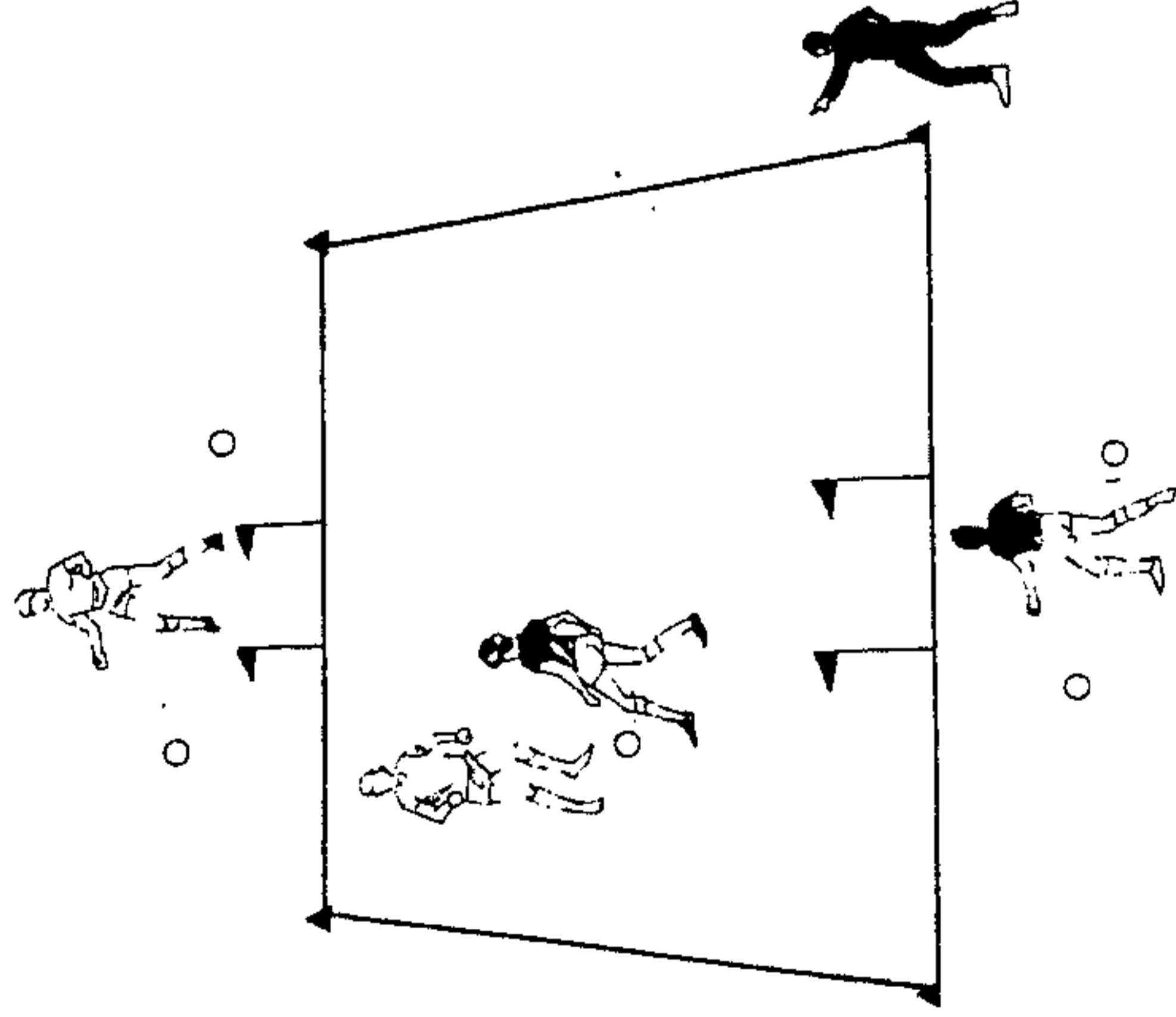


## 1 v 1 GAME

### Purpose

- For attackers: to practise dribbling, screening and turning with the ball to beat a player.
- For defenders: to practise jockeying for the ball and various tackling techniques.



### Procedure

The squad is divided into small groups, each of which is split up into two teams to play in an area 20 x 15 yds, with a small goal at both ends. Players in the two teams are numbered. The first from each play 1 v 1: the player with the ball tries to dribble past his opponent and score by pushing the ball through the goal. If the player scores he then immediately defends his goal against the next opponent while the beaten defender retreats behind his own goal to await his turn to defend or attack again. If the defender wins the ball he can score in the opponent's goal – the more successful he is at dribbling, the longer he will be in action. If the ball goes out of bounds, it should be returned by other players so that play is continuous.

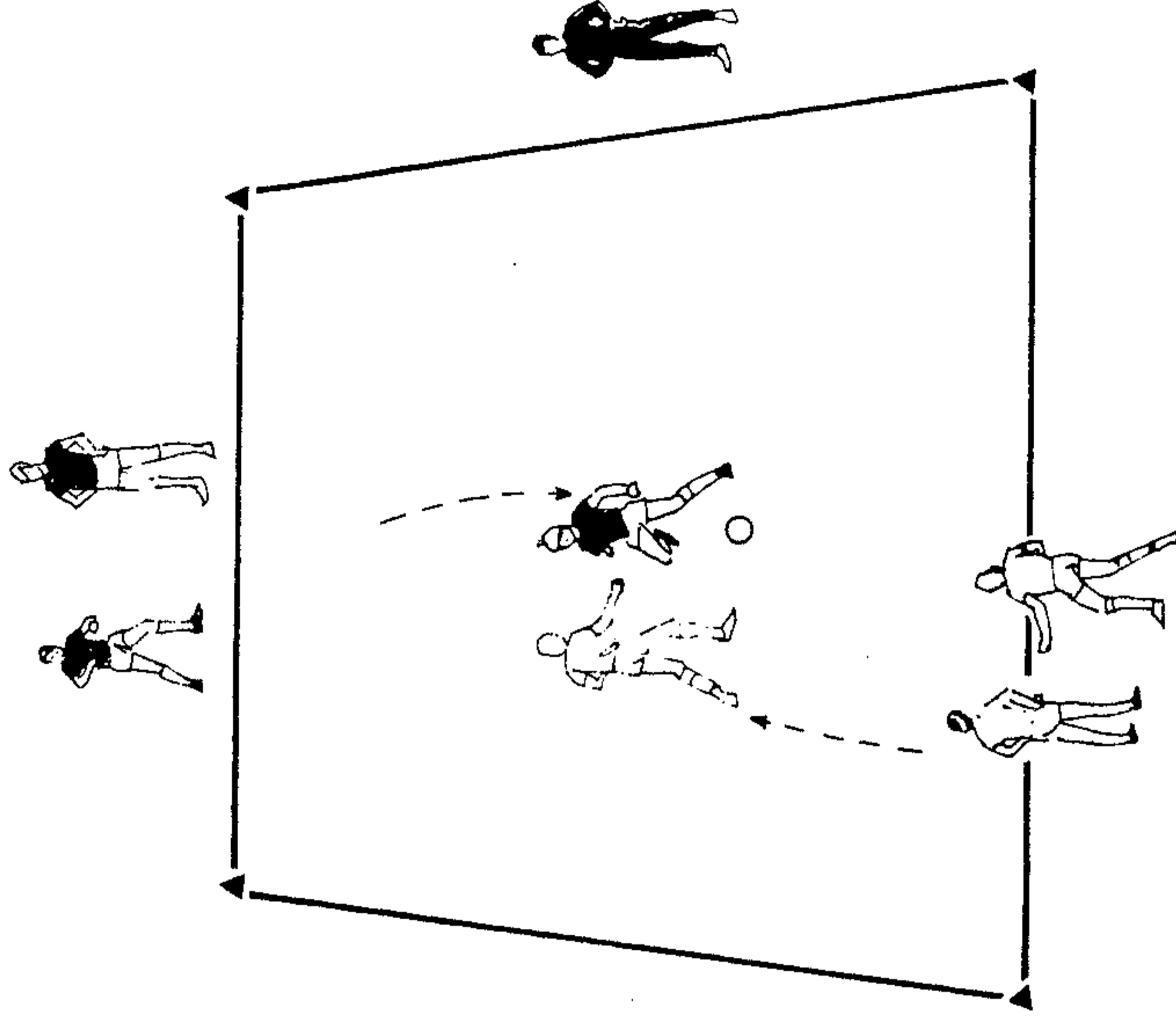
### Development

- The individual who scores the most goals wins the game.
- Extra points are awarded for a particular technique which is performed successfully, e.g. front foot tackle, or beating a player by playing the ball past him on one side and collecting it on the other.

## TAKE-OVER DRILL

### Purpose

To practise take-overs while running with the ball.



### Procedure

In an area approximately 25 x 10 yds, two files of players face each other; one of the leading players has the ball. On the coach's signal the player runs with the ball under control towards one side of the next player on the opposite line. As he approaches with the ball, the receiving player performs a take-over and carries the ball on to the next player on the other side, who then takes it from him. The drill continues in this way until all the players have had a turn.

### Development

- On a signal, the take-over player pretends to take the ball but actually performs a 'dummy' manoeuvre, leaving the dribbling player to carry on with the ball.
- Give points to the group that completes a set number of runs with the ball in the fastest time.