



1 vs 1 to Multiple Goals

Drill Info:

soccer drill is great drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man marking. Run this soccer drill with at least 6 players but no more than 18. This soccer drill should last approximately 20 minutes on a 1/2 field.



Setup:

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with flags within the grid; one goal per pair. Each pair should begin at their window.

Instructions:

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

Variations:

Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.

Coaching Points:

Attacking: Head up and aware of other players, change of direction, close control, and change of pace
Defending: Bent Knees, aware of attacker, tracking attackers movement and protecting the goal

Focus:

Technical Dribbling, Technical Aggressiveness, Technical Shielding, Tactical Attacking, Physical Quickness/Speed

“CREATING SMILES FOR TODAY, ATHLETES FOR TOMORROW AND KNOWLEDGE OF THE GAME FOR A LIFETIME.”

