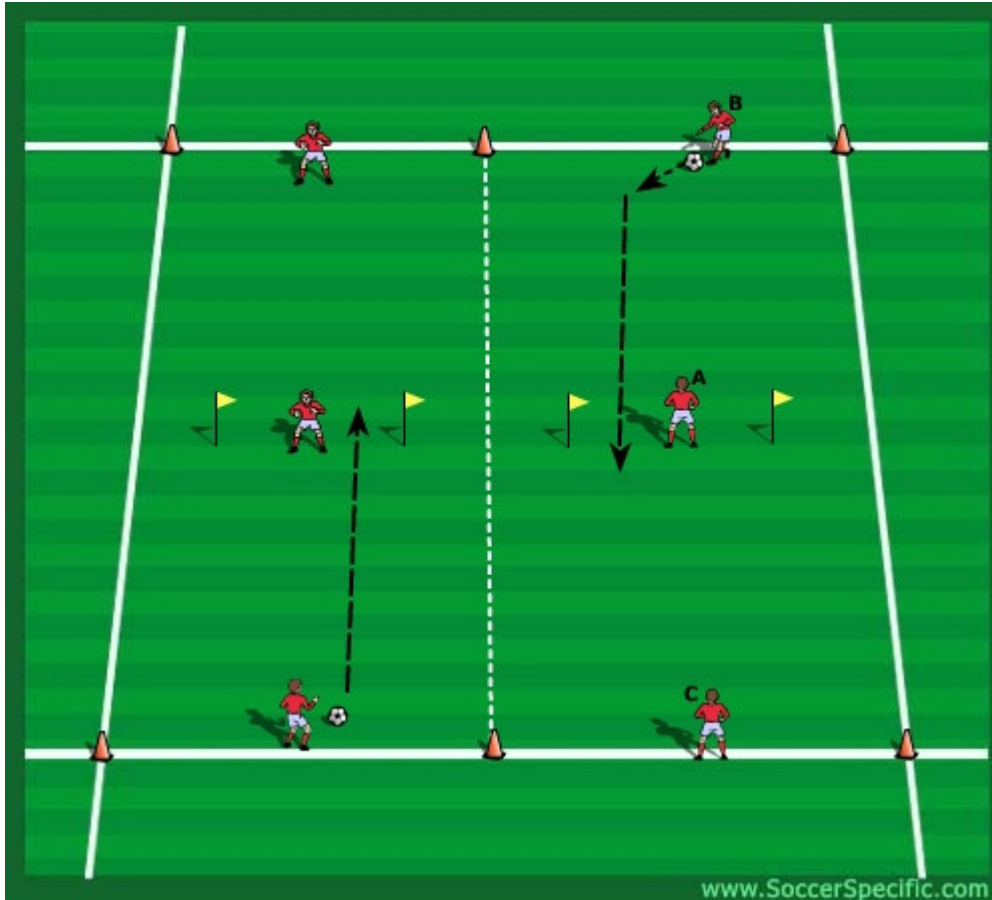


Breakaway 1v1

Emphasis: To develop confidence in 1v1 situations with the goalkeeper



Set-up:

6 x 44 yards (two 18-yard boxes). Players are divided into two groups and positioned as shown. Goalkeepers are in each goal. A supply of balls is placed next to each group of players.

Objective:

The first players in each group (A) dribble towards each other. At the 18-yard line the players must exchange balls and continue on a breakaway with the goalkeeper. Players join the opposite group after each shot. The next players in line (B) repeat the sequence.

After exchanging balls players must attack at speed to make the goalkeeper commit. Players are encouraged to place the ball into the corners of the goal – accuracy before power. Play is continuous for a designated period of time. Rotate the goalkeepers to avoid fatigue.

Progression:

1. Must attempt a shot within 3 seconds of the ball exchange to encourage faster play.

Coaching Points:

- Accuracy before power.
- If the goalkeeper charges out – slot the ball under him or dribble around him.
- Try to be deceptive with the shot.