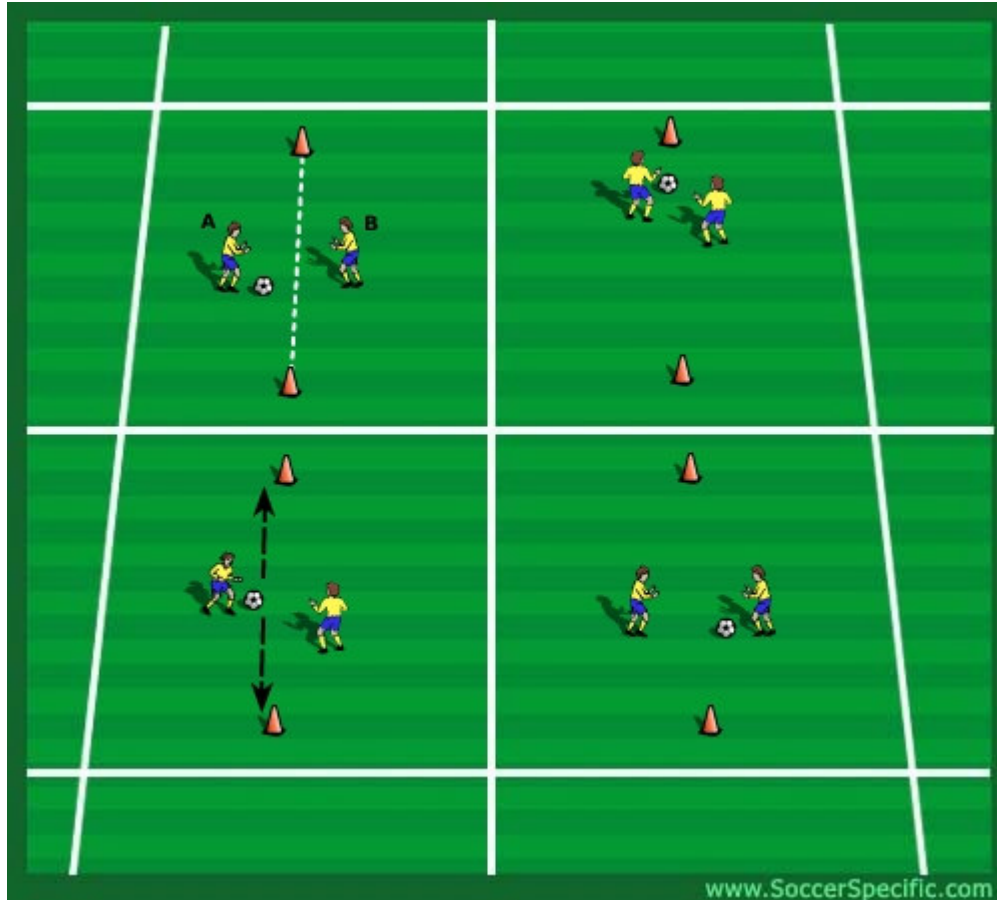


1 v 1 Stay With Me

Emphasis: Quick changes of direction, use of feints.



Set-up:

10 x 10 yard grid. Players are organized in pairs with one ball. Cones are placed 7 yards apart at either side of the grid (as shown). An imaginary line exists between these two cones. Repeat set-up to accommodate entire team.

Objective:

Player (A) starts with the ball. He must dribble the ball and stop it next to either cone to win a point. Player (B) must try to block the cone with his foot. Player (B) is NOT allowed to touch the ball or cross the imaginary line. Both players must try to face each other at all times to encourage lateral (side-to-side) movement. Player with most points at end of game wins. Change roles after 30 seconds. Switch partners after each game.

Progressions:

Two points are awarded if player uses a feint or move prior to scoring at the cone.

Coaching Points:

- Accelerate quickly to cone.
- Keep eyes up to scan the area and opponent.
- Utilize moves, dodging fakes etc.

