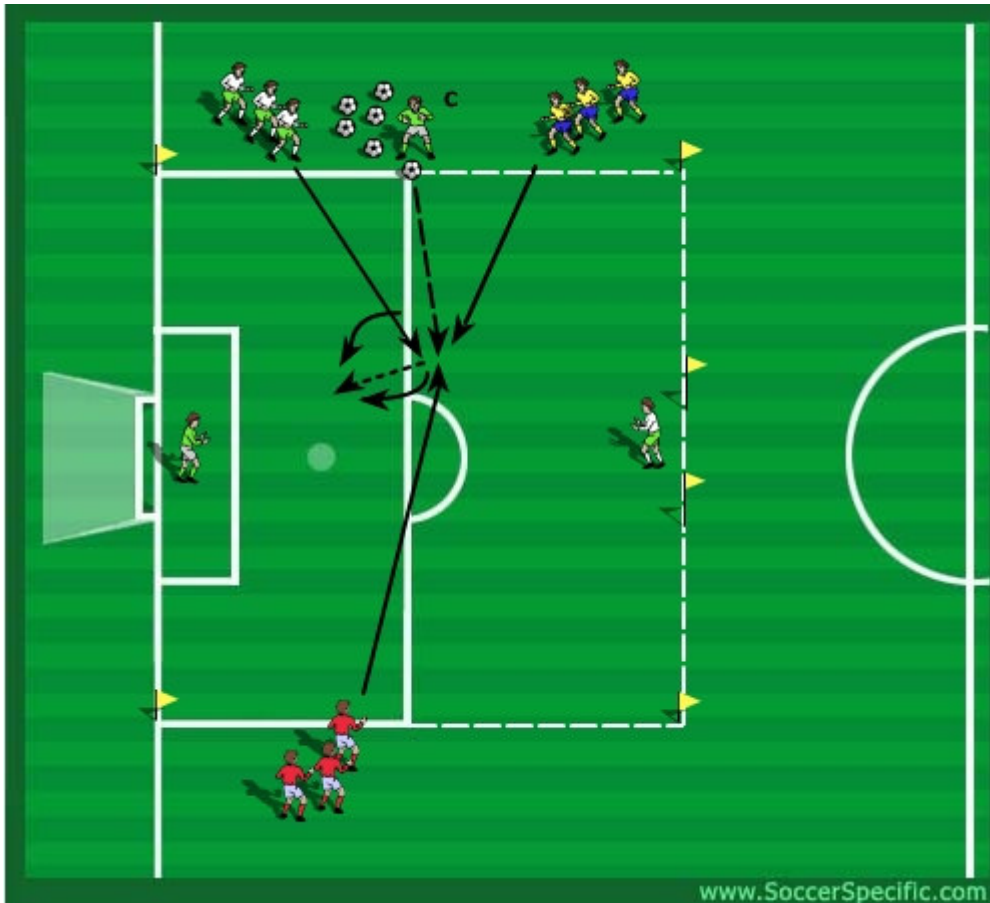


1 V 1 V 1 To Goal

Emphasis: Finishing, dribbling, breakaways



Set-up:

Make a 36x44 yard grid with a regulation size goal at both ends of the grid. All players including the coach stand in the middle of the sideline. Split the team into three different colors. All balls are with the coach.

Objective:

The coach serves the ball out into the middle of the grid. Representatives from each color compete to win the ball. The player with the ball can go to either goal and is being defended by the other two players. (It is always 1 attacker versus 2 defenders) If the ball is stolen, that player now becomes the attacker and goes to either goal. The players compete until a goal is scored, the balls goes out of the area, or until 1 minute has elapsed.

Progression:

1. Make it 2 V 2 V 2

Coaching Points:

- Change the point of attack by switching goals.
- Take people on and make them commit.
- Get the shot off early.