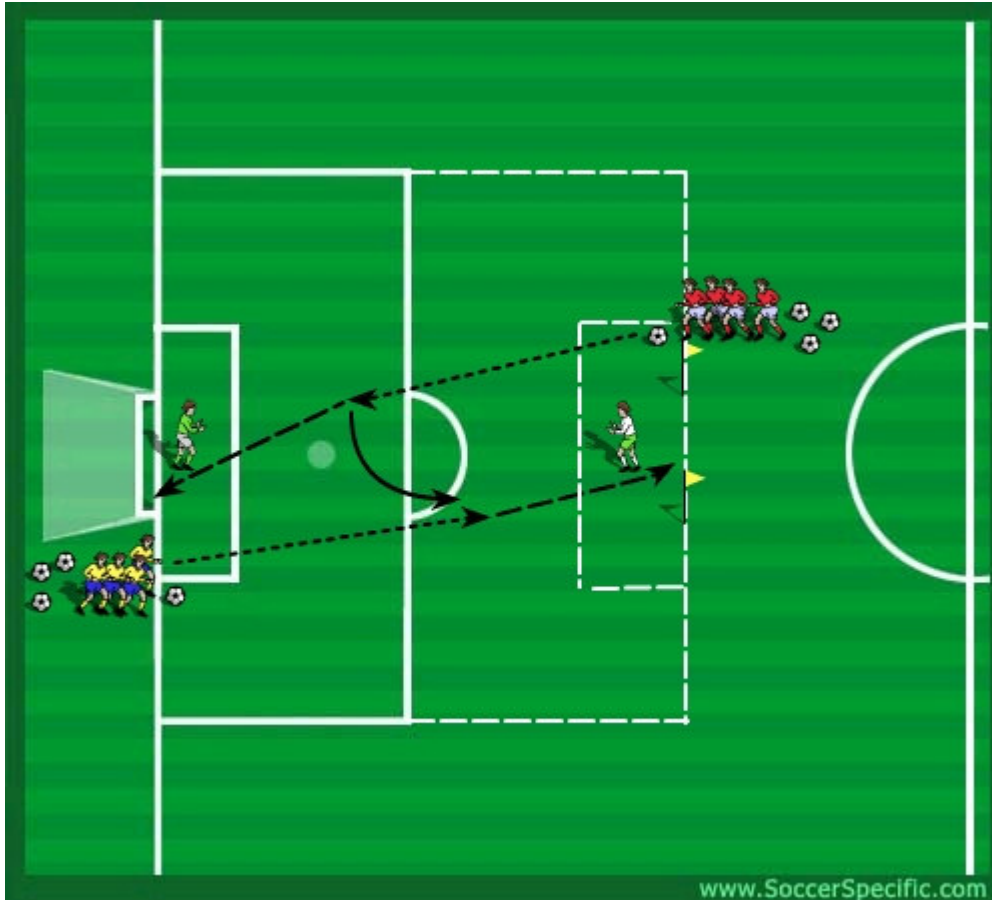


Breakaway Game

Emphasis: Dealing with a 1v1 to goal with a chasing defender



Set-up:

Place two goals 36 yards apart from each other, (two penalty boxes on top of each other).

Split your team into 2 teams and send a team to the post on the right of the goalkeeper.

Make sure both team have plenty of balls.

Objective:

The first player in line dribbles 1v1 to the opposing goalkeeper. As soon as the shot is taken, the first player in the other line can start dribbling 1V1 towards the opposite goal. The first shooter becomes the defender as soon as the ball has either gone in the net or behind the goal. Once the second shot is taken a new sequence starts from the other side to start. Return to your original line and the first team to 10 goals wins the game.

Progressions:

1. A shot must be taken within a 3 second time period.
2. Add another attacker and make it a 2v1 to goal. The person who shoots always becomes the defender going the other way.

Coaching Points:

- Starting position must be off your line.
- If possible, stand the shooter up to allow time for the defender to recover.
- Close down the angle and stay on big as long as possible.

“You can become a winner only if you are willing to walk over the edge” -Damon Runyon-