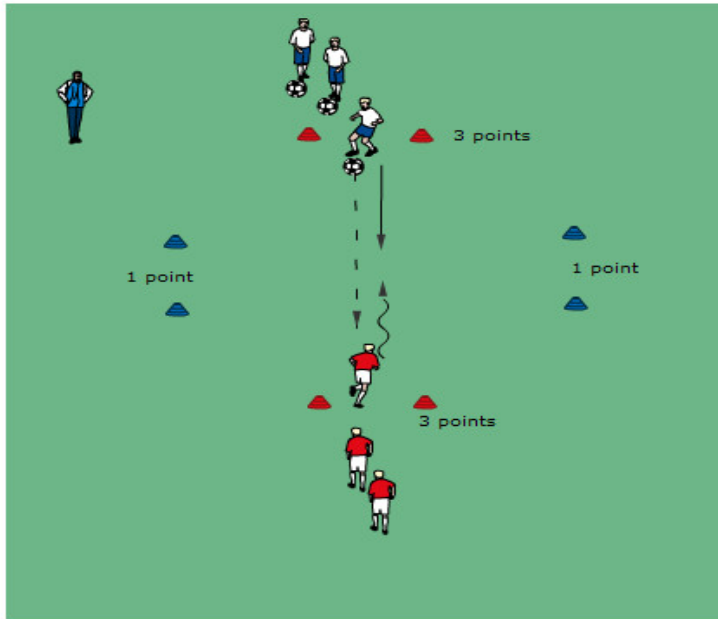


1v1 Attacking 3 Goals



Set-up: Two teams play in a 15x15 yard grid with four goals approximately 2 yards wide. One team begins with all the balls.

The Exercise: Player in White passes the ball across to the player in Red, and moves out to defend. The player in Red can attack the lateral goals to the side for 1 point or try to “beat the defender” and score through the goal behind the defender for 3 points. If the defender wins the ball he should try to

attack any goal with the exception of his own.

The White team should pass and defend for 3 minutes than switch roles. Allow each team to go twice to see whether they improve in recognizing which gate to attack.

Focus:

- Recognizing Space
- Taking a Player on
- Quick Changes of Direction
- Acceleration away from the defender

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Dribbling Game
1v1 to 3 Goals Reaction Exercise

Progress to:

1v1 Touch the Disc and Defend
1v1 Passive to 1v1 Active Shooting