

1 v 1 Attacking 2 Goals and Defending 2 Goals



The Set-Up: In a 15 x 15 yard box. Set up 4 small goals about 3 yards wide.

Split the group into 2 teams of 4 (3 minimum).

The Game: (as pictured) Players play 1v1 with the white team attacking the blue gates, the red team defending the blue gates. If red wins the ball he/she should immediately try to attack the red gates. White should quickly transition to defender. If the ball goes out of bounds, the next pair of

players should begin the exercise. Attackers **must** dribble the gates to score.

After 3 minutes allow the red players to begin with the ball.

Focus:

- The white attacker should “run at the defender” or dribble out to confront the red defender.
- Feint in a particular direction to force the defender to shift in one direction.
- Accelerate past the defender and dribble through a gate.
- BE CREATIVE!
- Transition quickly on loss of possession.

Note: This exercise is appropriate for players of any age. The better the level of player the more success they will have on the attack.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Follow the Leader
The Dribbling Game
Everton Youth Diamond Dribbling
The Shuttle

Progress to:

1v1 Fast break attack
3v1 plus 2 Keepers
3v1 to 2 Goals with 2 Counter Goals
Line Soccer