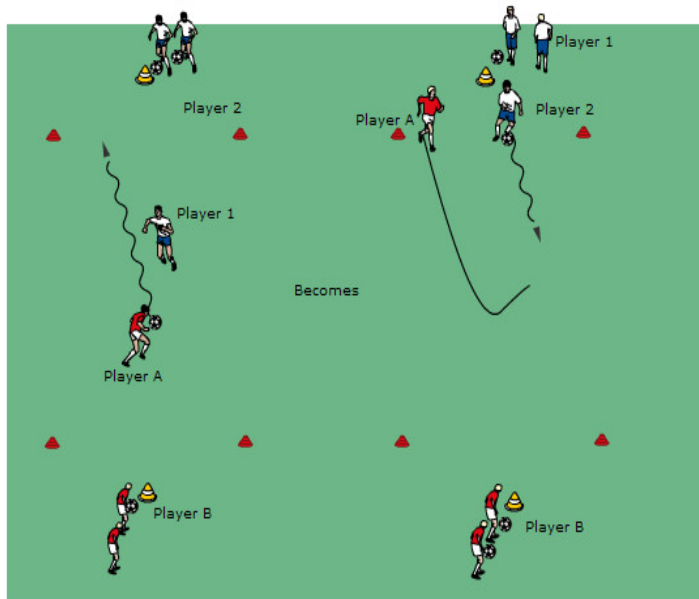


1 vs. 1 Fast-break attack



The Set-up: In a space that is 20 yards long x 15 yards wide. 4 to 6 players per field

The Game: Player A (Red) tries to dribble past the white teams' end-line which is defended by Player 1 (pictured left). Once he is successful doing so, Player 2 immediately tries to dribble the Red teams' end-line. Player A quickly recovers "transitions from offense to defense" (Pictured right). When a player wins the ball during the initial 1v1 he/she tries to attack the opposing

team end-line.

When the opponent has dribbled your end-line you join the end of your line. Players that are "off" should always have a ball at their feet ready to begin the "fast break attack".

Focus:

- Taking a player on
- Running with the ball
- 1v1 defending
- Recovery runs

Note: Coaches should make multiple 1v1 fields and position himself in a manner that he can see all the players.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

The Blob
Full Team Circle Warm-up
The German Box

Progress to:

Early Dribbling Game
1v1 to 4 Goals with lateral sprint
Charlie Cooke 1v1 Fast break attack
2v2 Fast break attack to 4 Goals