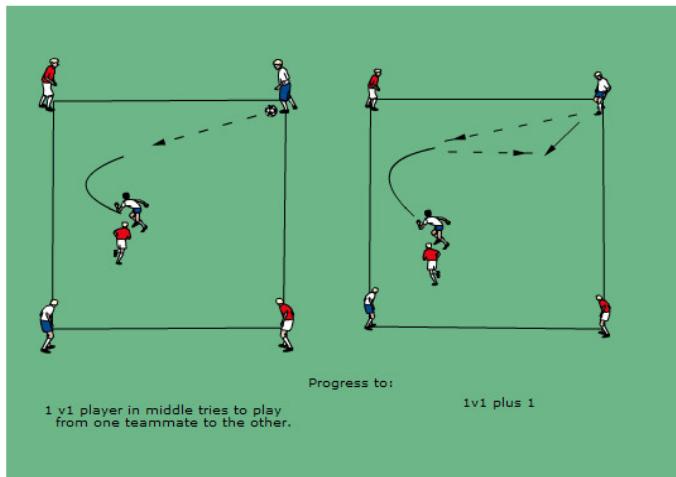


1v1 (6 players in diamond)



The Set-up: 3 players in white, 3 players in red per box. Field should be approximately 15 x 15 yards.

Rotate after 90 seconds. Have each player do Exercise 1 twice before moving to Exercise 2.

Exercise 1: Player in the middle receives ball from one teammate and tries to play to the other teammate. If red wins the ball they play to one of their teammates and assume the

attacking role. *Coach can allow player to play back to the person who played them the ball to maintain possession, but encourage the attacker to take chances and try to play forward.

Note: Coach should ask the defender to remain goal-side (behind the attacker). Attacker should "check away" to create space and quickly come back for the ball at an angle. It is important that players don't run straight back to their partner. By coming back at an angle, the attacker should be able to see the ball, their defender, and hopefully their teammate they are attempting to play into.

Exercise 2: Same as exercise 1, but now if the attacker plays back to the person who played him the ball, that person joins the game and the initial attacker fills the vacated spot.

Focus:

- 1v1 attacking
- 1v1 defending
- Checking away
- Receiving balls at angles
- Reading the defender
- Entry pass into an attacker

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Progress to: