

1v1 to 2 goals acceleration exercise:



Set-up: As Pictured. Three gates (5 yards) set up in a triangle approximately 15x 15 yards apart. Gates are colored for clarity purposes, not necessary when running this exercise. Groups of 6 to 8 work best. If you have 12 or more players, set-up additional fields.

The Game: The attacking player (white) begins inside the yellow gate. A red defender stands approximately 2 to 3 yards away from the white attacker.

Initially, the white attacker should **not** touch the ball, but try to feint in different directions to unbalance the defender. Once the white attacker takes a touch toward one of the gates, he should accelerate with the ball to beat the defender through the gate. The defender **does not** try to win the ball! Once the attacker takes a touch onto the field he should try to beat him to the gate.

Progress to:

- Attacker can move the ball side to side and carry out feints while touching the ball to unbalance the defender. Once the attacker touches the ball onto the field, the race to the gate ensues.
- Attacker carries out feints as before, but once the ball is touched onto the field, a live 1v1 takes place.

Focus:

- Deception
- Acceleration
- 1v1 Ability

Have white players attack for 3 minutes; defend for 3 minutes then progress to the next variation.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Blackburn Rovers Agility
Breakout

Progress to:

Dribble the Gate Combined
Steal the Bacon