

## 1v1 to 3 Goals Reaction Exercise:



**The Set-up:** As pictured. Two players stand back to back in the middle of the area with a ball wedged between them. The gates should be numbered 1, 2, or 3.

**The Game:** The coach shouts a number. The players quickly turn and try to gain possession of the ball. Once this happens they play a 1v1 to the gate the coach had shouted out. Players must dribble the gate.

### **Focus:**

- Quick reaction time
- Ability to attack 1v1
- Ability to defend 1v1
- Transition (offense to defense, defense to offense)

**Note:** Groups of 6 to 8 players' is best. This will provide a proper work to rest ratio. If you have 12 players set up 2 fields.

**If you enjoy this exercise Coach Donahue recommends:**

### **Possible Warm-up:**

Dribbling becomes possession  
Knockout becomes Have a Ball

### **Progress to:**

1v2 to 2 goals  
1v1 Attacking 3 Goals