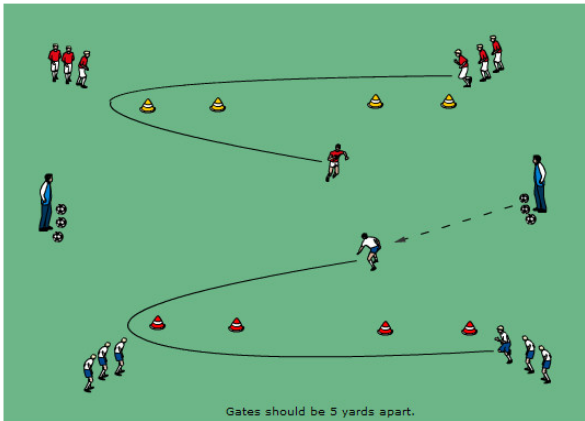


1v1 to 4 Goals with lateral sprint:



The Set-up: Field should be 25 yards wide x 20 yards long. 2 Coaches with balls stand across from one another. Goals should be approximately 5 yards apart. Two teams of six should be divided into 3's standing directly across from each other.

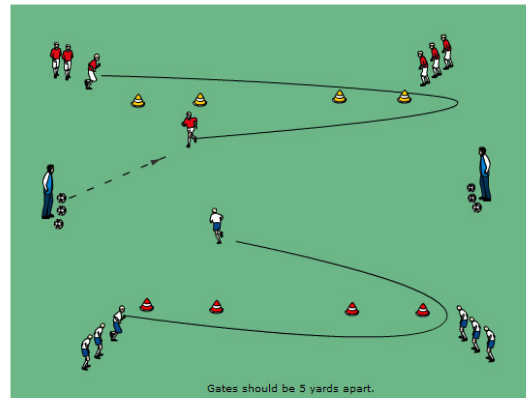
The Game: When the coach yells Go! 2 players sprint behind their goals and onto the field. The coach should play the ball out to the player who is quickest onto the field. A game of 1v1 ensues. The white player tries to

dribble the two gates defended by the red. If Red wins the ball he/she should attack the white's gates. Once a goal is scored or the ball goes out of bounds, the other coach yells Go! and the same movement's occur from the other side. (Pictured below).

Focus:

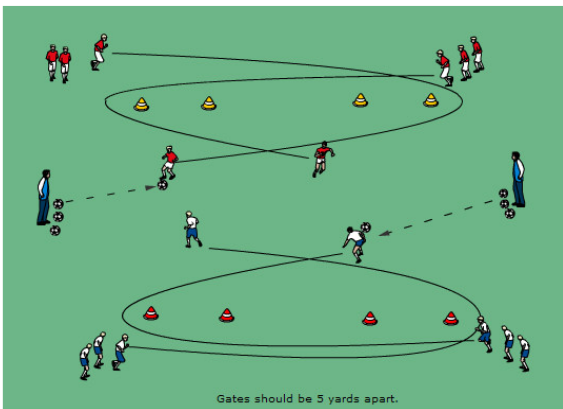
- Quick Sprint
- Taking a player on
- Acceleration
- 1v1 Defending

This game is a lot of fun! It's important to have 12 players since 1v1 is very tiring.



Older teams should progress to:

The Game: When the coach yells Go! 4 players sprint behind their goals, need to avoid running into each other, and onto the field. Both coaches should play the ball out to the player who is quickest onto the field from their original pair (this will prevent the same player from getting both balls played to him). Two games of 1v1 ensue.



Variation: Only one coach plays a ball out. This will create a 2v2.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Diamond Dribbling Circuits
Italian Warm-up

Progress to:

2v1 becomes 2v3 to goal (advanced)
4v4 with Flying Rotations