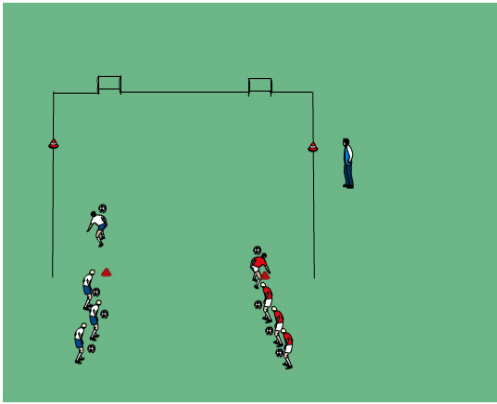


Charlie Cooke 1v1 Fast break Attack:

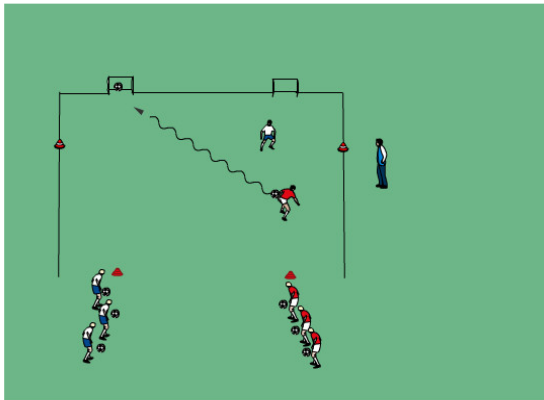
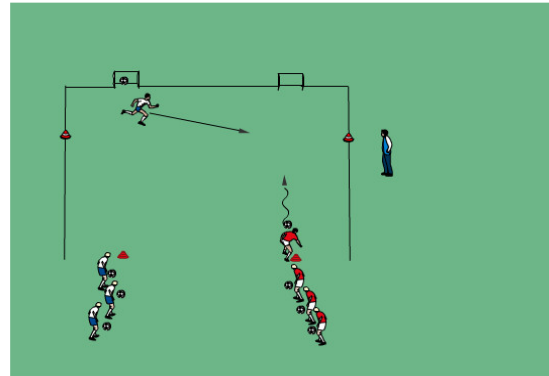


The Set-up: The field should be 15 yards long x 20 yards wide. Designate a shooting zone 5 yards from the end-line (cones). Use two pugg goals or create 2 two yards goals with discs if you don't have pugg's. Divide team equally. Everyone should have a ball.

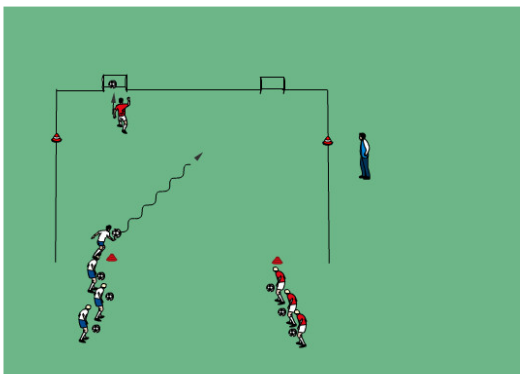
The Exercise: Play begins when one player from the white line dribbles quickly and shoots the ball into a goal once he enters the shooting zone. Once the white player releases the ball, the first player in the red line attacks either goal. The white player should quickly

transition to defense (pictured below right).

If the white player can take away the goal directly in front of the red line, the Red player should cut the ball back and attack the other goal (pictured below).



Once red shoots, the first player in the white line should immediately attack the goal that is now open (pictured below). Red should quickly transition to defend.



When the defender wins the ball you can:

- Say that battle is over! The attacker should transition to defense and the first person in the opposite color begins the new attack or
- You can allow the defender to become the attacker. Once a goal is scored whoever scores it transitions to defense and the first person in the opposite color begins the new attack

This is a very demanding exercise physically. It's best played with 10 to 12 players.

Focus:

- Dribbling at speed
- Taking a player on
- Recognition
- Transition
- Defending
- Fitness

After a player defends, he should collect a ball and rejoin his line.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/1st Activity:

Everton Youth Diamond Dribbling
Early Dribbling Game

Progress to:

1v1 Fast Break Attack to 2 Goals
Frans Hoek 2v2 Training

