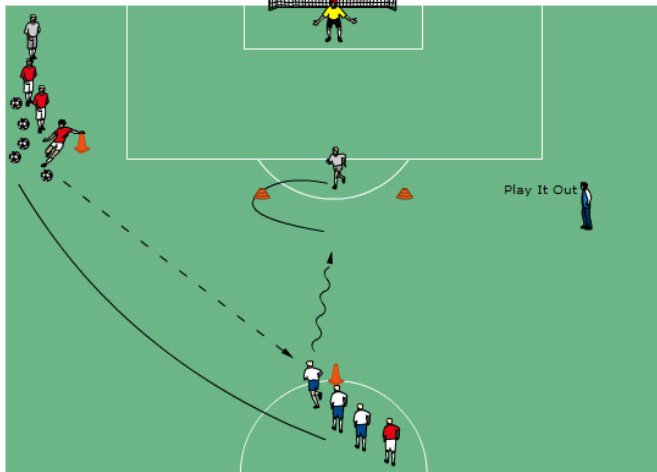


1 vs. 1 Touch the Disc and Defend



The Set-up: (as pictured). Full team, one goal, several balls, and 4 discs.

The Game:

Red plays the ball out to White. Red moves to the end of the White line. White receives ball and begins 1 v1 with Grey (the previous shooter). When white either shoots the ball or loses possession. The red line immediately plays a ball out to the first person in the top line (white). White (the previous

attacker) must now "touch a disc and defend". Grey moves to the serving line

Focus:

- 1 vs. 1 attacking
- 1 vs. 1 defending
- Long passing
- Receiving
- Finishing
- Transition from attack to defense
- Communication between Defender and Goalkeeper
- Fitness

Rotation: Server to shooting line, Shooter to defender (immediately), Defender to serving line.

Coach yells "Play it Out" or if your players are alert they should do so on their own immediately at the shot or loss of possession.

Note: There is no need for differing colors it just helps you to visually see the rotation. This is very demanding physically, play 10 to 15 minutes with 12 or more players.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up:

Diamond Dribbling
Italian Warm-up

Progress to:

Shot from distance followed by 1v1
4v4 plus 4 in the penalty box