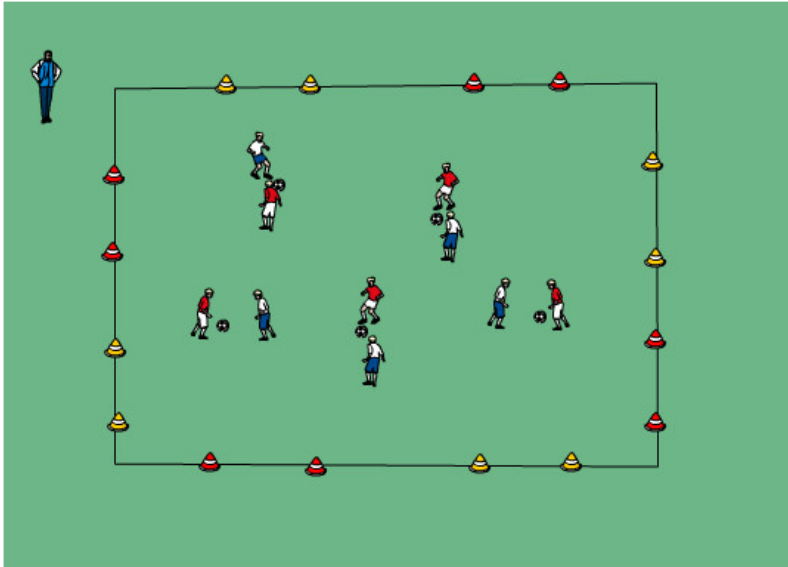


## **Breakout:**



**The Set-up:** Rectangular field (size dependent on the # of players), set up multiple gates along the outside of the playing area. Players should be in pairs with one ball between them. Players don't need to be separated by color, but it can be helpful if you progress to exercises involving two teams.

**The Exercise:** Players pass the ball back and forth with the inside of the foot (1 or 2 touches), when the coach yells Go! the person in possession the ball quickly reacts and tries to dribble through one of the gates, the person without the ball should try to win the ball back and get through a gate. 1v1 does not end until one of the players dribbles a gate.

### **Focus:**

- Inside of the foot passing
- Quick reaction time
- 1v1 ability
- Playing with your head up (avoid collisions)

**Variation:** Have players juggle the ball back and forth until coach says Go! Players head the ball back and forth until coach says Go!

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

### **Possible next Activity:**

1v1 to 2 Goals Acceleration Exercise  
1v1 Passive to 1v1 Active Shooting Exercise

### **Match Related Game:**

Line Soccer  
3v3 Competition Day