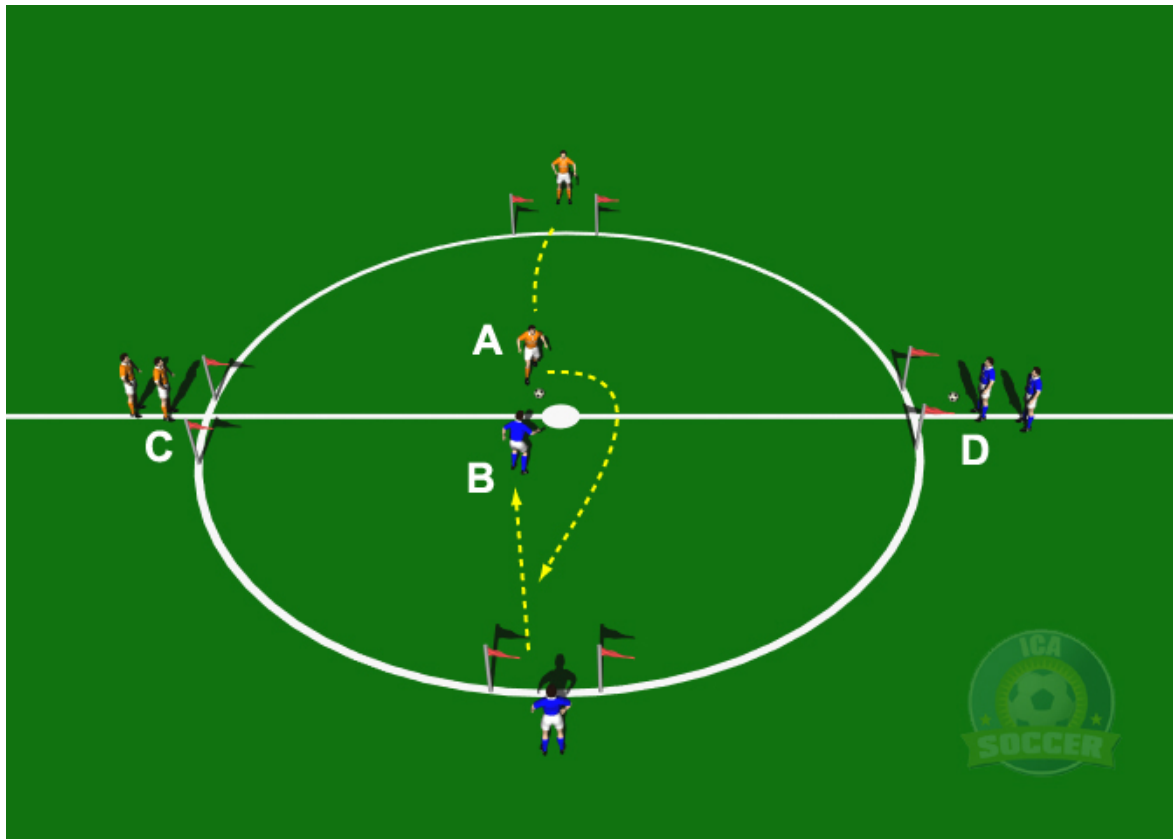


## 1 v 1 to Small Sided Goals



### Exercise Objectives:

This is a 1 v1 exercise that can be used for players at all ages and levels of ability. The coach should focus on technique of the attacker in a 1v1 situation.

### Field Preparation

- ☆ Entire Group
- ☆ Center Circle on field
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs

### Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents).

The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead the drill is repeated from the opposite side with groups "C" and "D".

**Progression:** Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.