



DRILLS AND GAMES

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| 1 Agility Circuit with 1 v 1s | 4 5 v 5 Plus Two, #1 |
| 2 1 v 1 to Goal, #4 | 5 Free Play, 9 v 9 |
| 3 1 v 1 to Goal, #2 | Notes: Emphasize attack speed. Once a 1 v 1 stalls, end play. go to the next 1 v 1. |

TECHNICAL/TACTICAL OBJECTIVES

- 1 Aggressive 1 v 1 play. Always.
- 2 Choose the correct moments to go 1 v 1.
- 3 Take on the defenders at top speed.

COACHING POINTS

- 1 Your first touch puts the defender on your back.
- 2 Attack at speed, force the defender into an error.
- 3 If you get turned away from goal, pass the ball.

QUESTIONS/TOPICS/NOTES

Can we make positive first touches with a defender chasing from behind? Do we attack the defender at speed with the dribble or are we tentative? Are we holding the ball too long during 1 v 1 challenges?

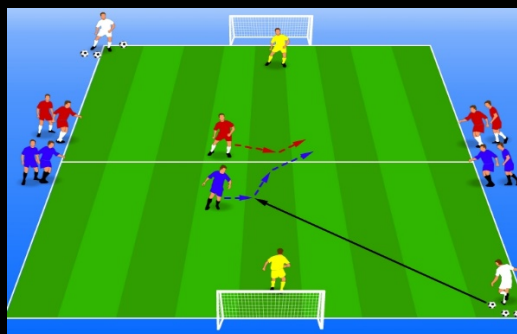
1



2



3



4

