



1 vs 1 Back to Goal Activity

Category: Technical: Attacking skills
Difficulty: Moderate

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Description

1 vs 1 back to goal

Divide players up into two teams.

Divide field into 3 areas with 2 small goals at each end of each area

First defender comes out and pressures the middle attacker, who is facing the ball with his/her back to goal. Ball comes in to blue player from a blue team mate who is outside the grid.

Once the ball is played in, blue attacking player tries to turn and score a goal on the end he/she is attacking. If the orange defender wins the ball, the defender goes and scores on their attacking end.

Rotate through players until everyone has had multiple turns attacking and defending. Once you have attacked, you then become the server (defender).

Coaching Points:

- Protect the ball from the opponent
- Get side on when possible to increase options
- Be creative and unbalance the defender
- Turn fast and explode away

Finish with a dribble, pass or shot

Progressions:

Add a time limit

Increase/decrease space

Start both players where the defenders are positioned

Allow the passer to enter the grid for support

