



1 vs 1 Session from Distance Activity

Category: Technical: Dribbling and RWB
Difficulty: Moderate

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Individual-Adult Member

1v1 (20 mins)

Two 15x25 yd boxes each with two red cone gates at one end as shown.

- Blue player plays into orange player.
- Orange player tries to beat blue player with dribbling and skill moves.
- Point scored if orange player dribbles through either of the two gates.
- If blue wins ball, point scored if they dribble across opposite endline.

Coaching Points:

- Dribble at pace
- Commit the defender by using a move, being creative
- Explode after move ("hit the turbo")
- Be deceptive
- Score a goal

