



1 vs 1 to Big Goal Activity

Category: Technical: Attacking skills
Difficulty: Moderate

Marc Francis, Denver, United States of America
Individual-Adult Member

1 vs 1 to big goal

Divide players up into three groups and have three defenders. Player 1 will attack the defender from a wide position. Player 1 will look to unbalance the defender and create a goal scoring opportunity. Once the ball goes dead (goal scored or defender wins ball), the attacker will move to the central position and then to the opposite side.

Change defenders on a regular basis.

Attacking from three different areas on the field will give players multiple experiences.

Coaching Points:

- Dribble at the defender
- Unbalance defender by executing moves
- Explode away, once past defender

