



# 1 vs 1 to Small Goal Activity

**Category:** Technical: Attacking skills  
**Difficulty:** Moderate

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## Description

Simple 1v1 activity which allows players to keep score

## 1v1 (20 mins)

Two 15x25 yd boxes each with goal in center of each end line.

- Blue player plays into orange player.
- Orange player tries to beat blue player with dribbling and skill moves.
- Point scored if orange player scores.
- If blue wins ball, point scored if they score on their attacking goal.

### Coaching Points:

- Commit by dribbling at pace at defender
- Beat the defender by using a move, being creative
- Explode after move
- Encourage transition by both players if defender wins ball

