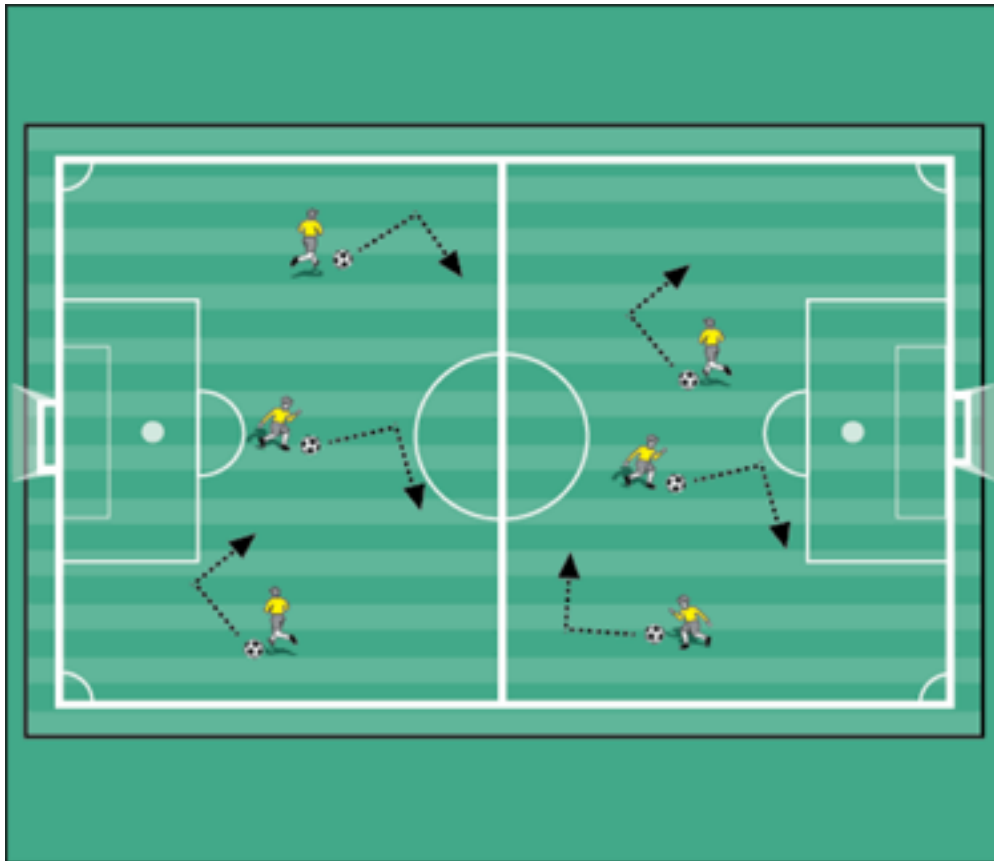


One on One situations.

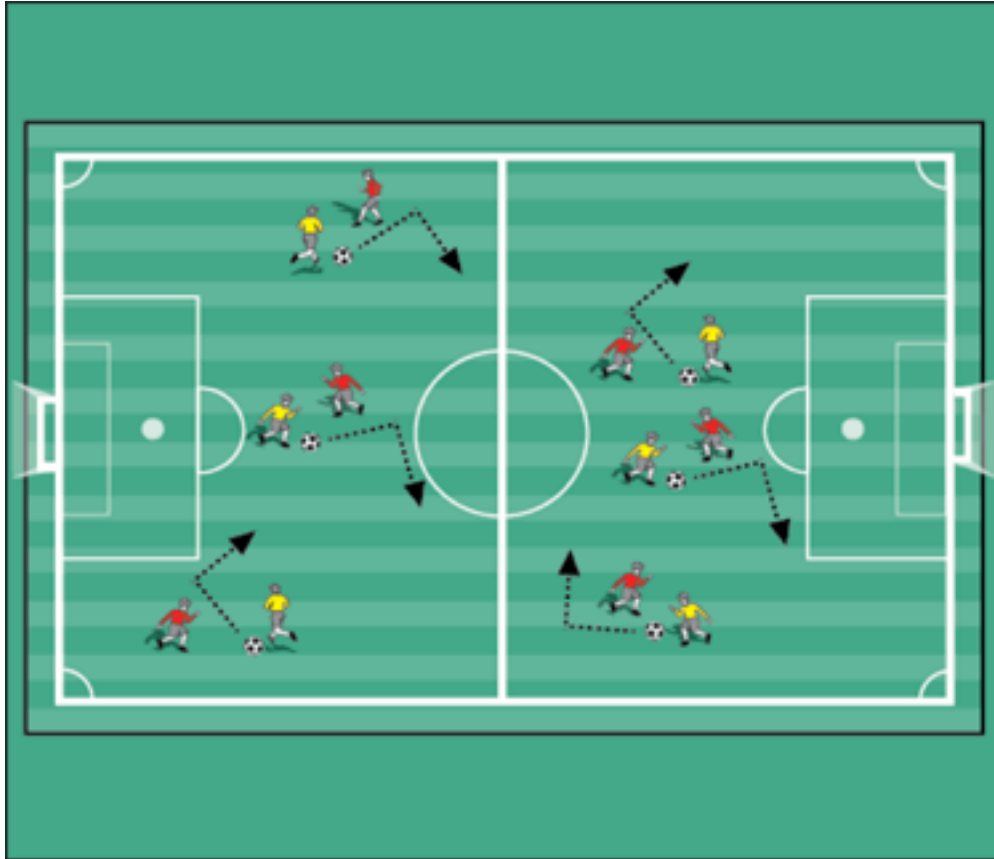
Warm Up

A ball each player. At coach's whistle players change pace and direction.



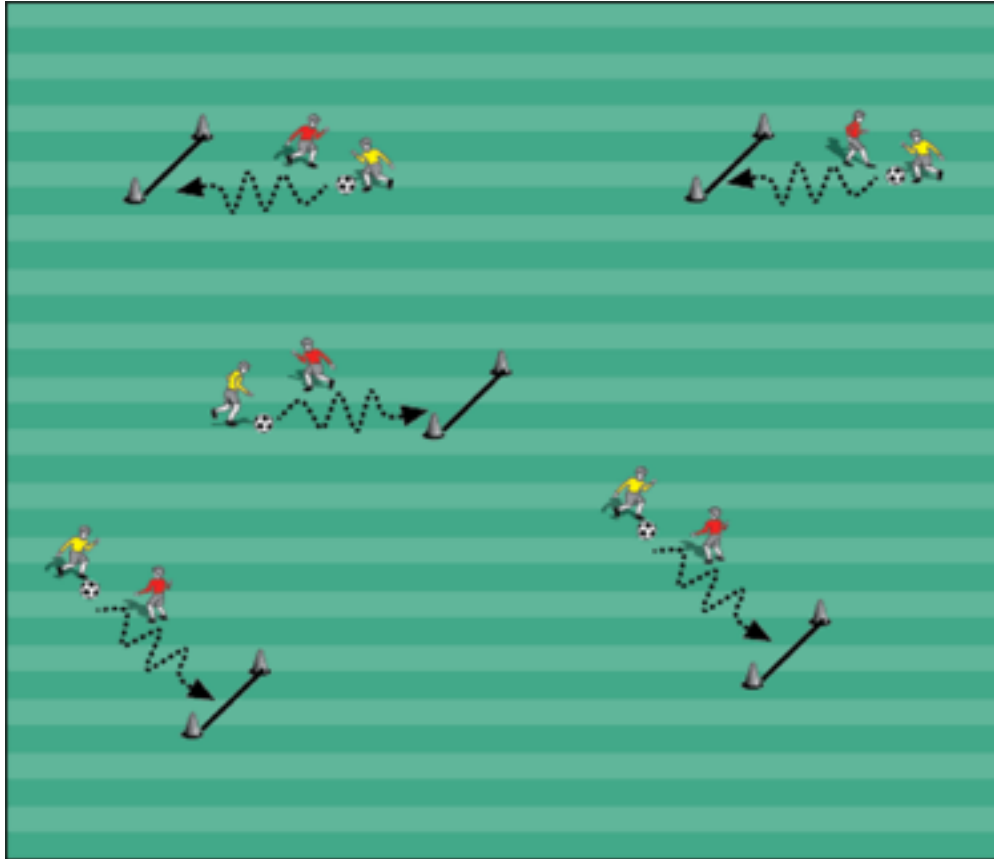
Progression

Same as above, but with a shadow player. At pace, defense is passive, when the coach asks to speed up, defense gets tight.



Lateral Line

Attacker against defender. One will try to beat the other to cross lateral line. Whoever crosses the lateral line scores a point.



Coaching Points

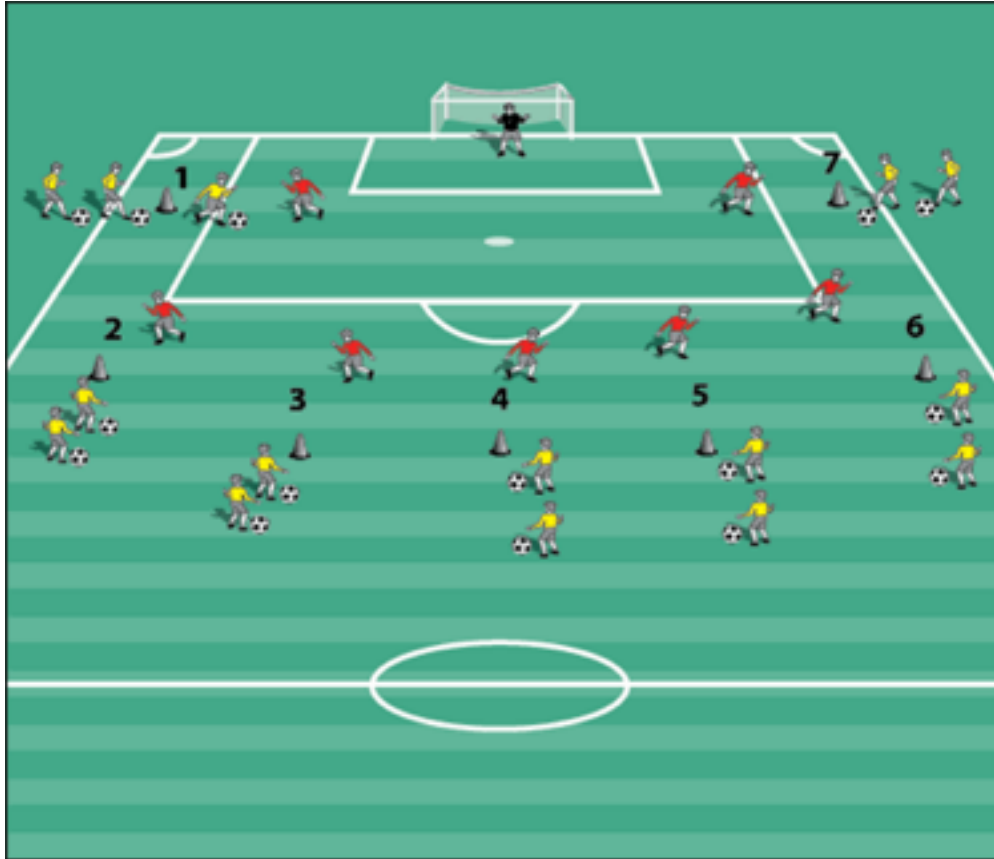
Fakes, change of pace, speed, objectiveness, dribble forward, body language.

One on One to Finish

Starting from different points around the goal area, one attacker at a time will go one on one against a defender, beat the defender and finish. Players rotate within the positions from 1 to 6. If defender gets the ball, he has to cross half way line.

Development

Players will do more repetitions at their specific position (right flank on the right, offensive midfielders through the middle).

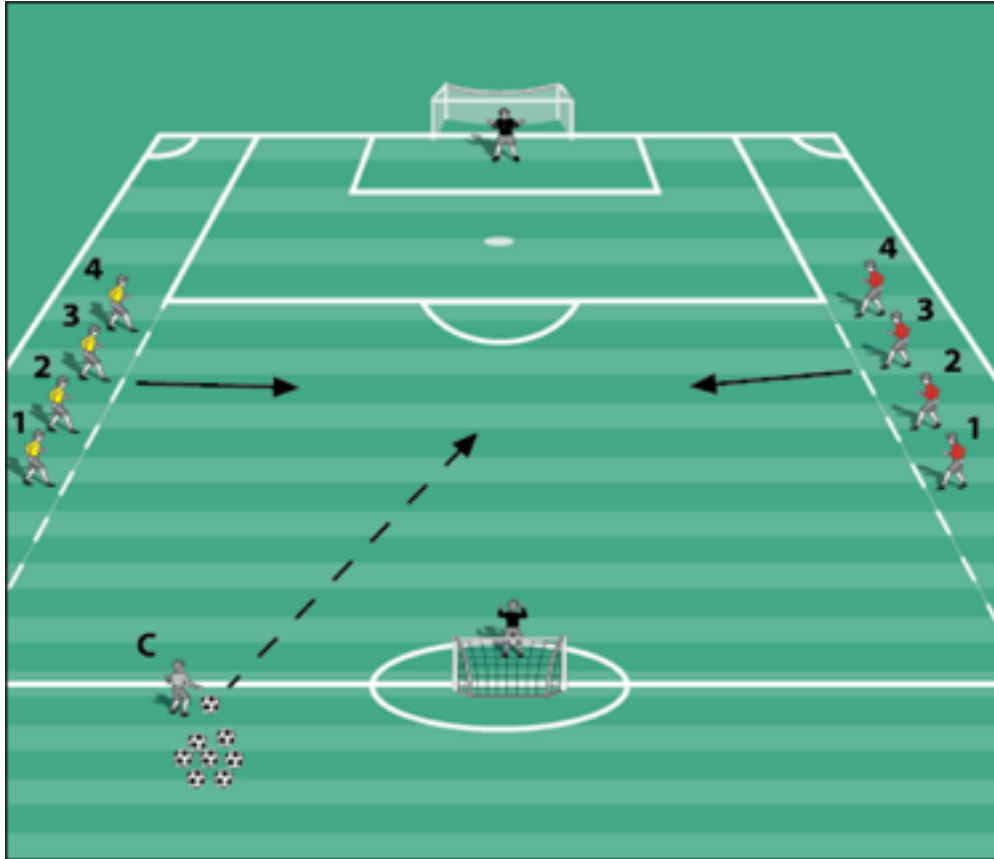


Numbers Game

Each attacker and defender has a number. Coach calls a number and the referred attacker will try to beat the defender and finish in goals, while the defender will try to cross half way line. Both half ways can be used

Development

Coach calls 2 players.



Cool Down
Free style contest.