



## 1V1 TO MULTIPLE GOALS

### Emphasis:

This game is great for teaching players attacking skills such as dribbling and taking on their opponent or learning to attack space.

Defensively it will teach players man marking, closing down and putting pressure on the attacker

### Game Info:

This is for ages U8-U14. It is best run with at least 6 players but no more than 18 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones or flags

### Setup:

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with cones or flags within the grid; one goal per pair. Each pair should begin at their goal.

### Instructions:

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

### Progression:

- Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.
- Make the goals with different colored cones. Players have to alternate between scoring in the different colored goals

### Coaching Points:

- **Attacking:** Head up and aware of other players, change of direction, close control, and change of pace
- **Defending:** Bent Knees, aware of attacker, tracking attackers' movement and protecting the goal. Force attacker away from the goal