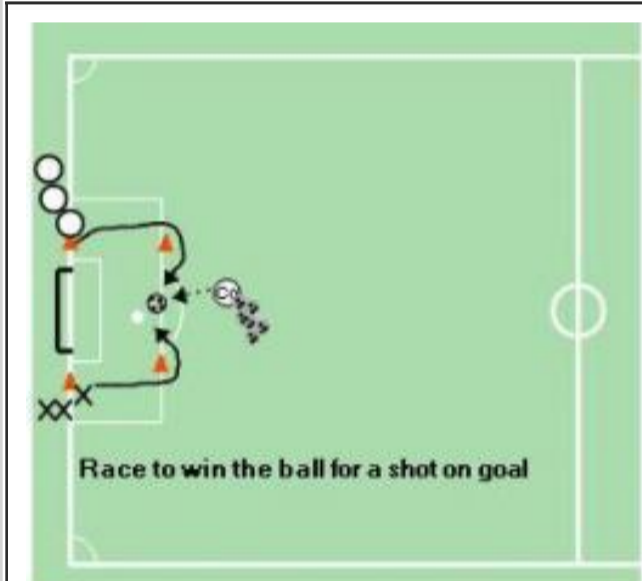


Date: 04/20/21
Length: 55 mins
Start Time: 12:00am
End Time: 12:55am
Group: Grade 1/2
Focus: Dribble and 1v1
Level: U8

Length	Start	Drill Name	Category	Notes
10	12:00am	1V1 race for the ball	Attacking/Dribbling	4 cones Coach with all the balls. Set up a second goal and have 2 groups going at the same time. Don't have the players vs. the same player every time.
10	12:10am	1V1 Choose A Goal	Attacking/Dribbling	15X20 yards 2 small goals 6 cones balls in each line
10	12:20am	1V1 Attacking to Goal	Attacking/Dribbling	2 goals all the balls 4 cones Players cannot leave until the player crosses the line near the goal. Use cones to mark of this line if needed.
10	12:30am	1V1 No where to go	Attacking/Dribbling	15X20 yards all the balls all the players surrounding the field.
8	12:40am	Scrimmage	FUN	

Notes:

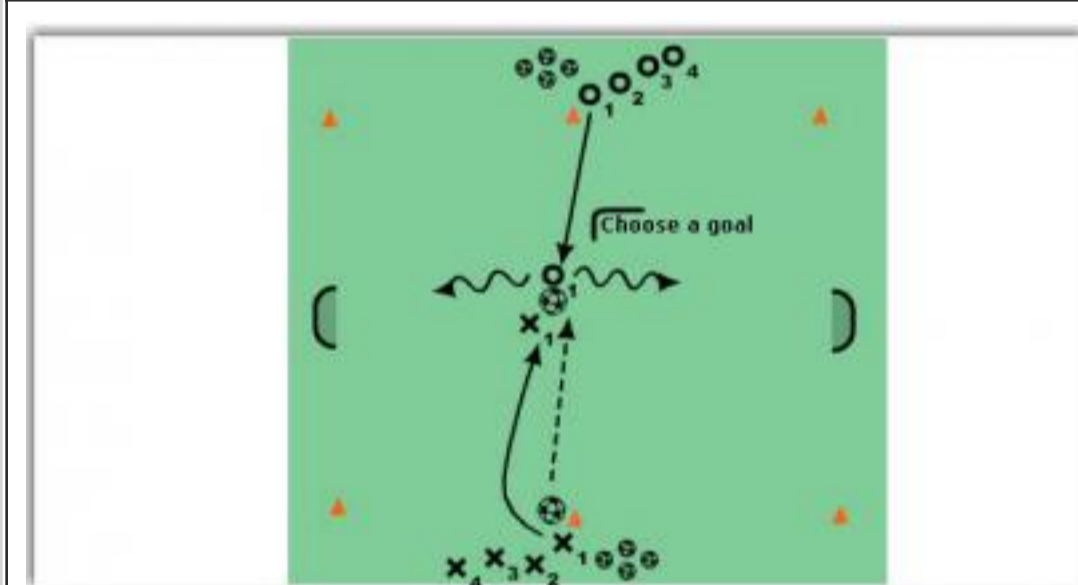
Drill Title: 1V1 race for the ball



On the coaches command the first player in each line races around the top cone and tries to win the ball and get a shot on goal. The play stops when a goal is scored, ball goes out of play or the coach stops the play.

Key Points: 1v1 battle for a shot on goal.

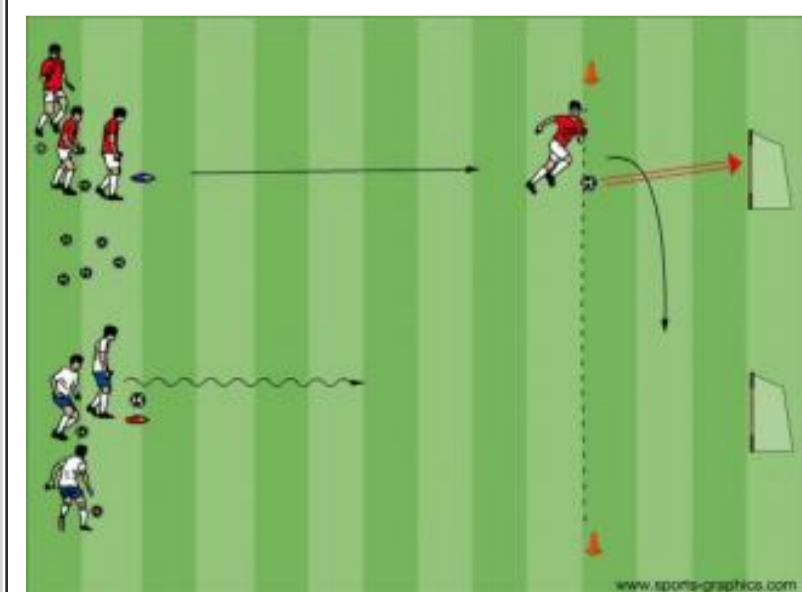
Drill Title: 1V1 Choose A Goal



Divide the team in half. X1 passes the ball to O1 and follows their pass to close them down. O1 can dribble the ball and score at either end as X1 tries to tackle them. Once O1 has scored, they have to turn and sprint around the goal opposite to the one they put the ball into, with A1 in pursuit. Once X1 and O1 have sprinted around the goal they rejoin their respective lines. The sequence continues.

Key Points: Quick decision to attack a goal First touch in the direction you intend to go

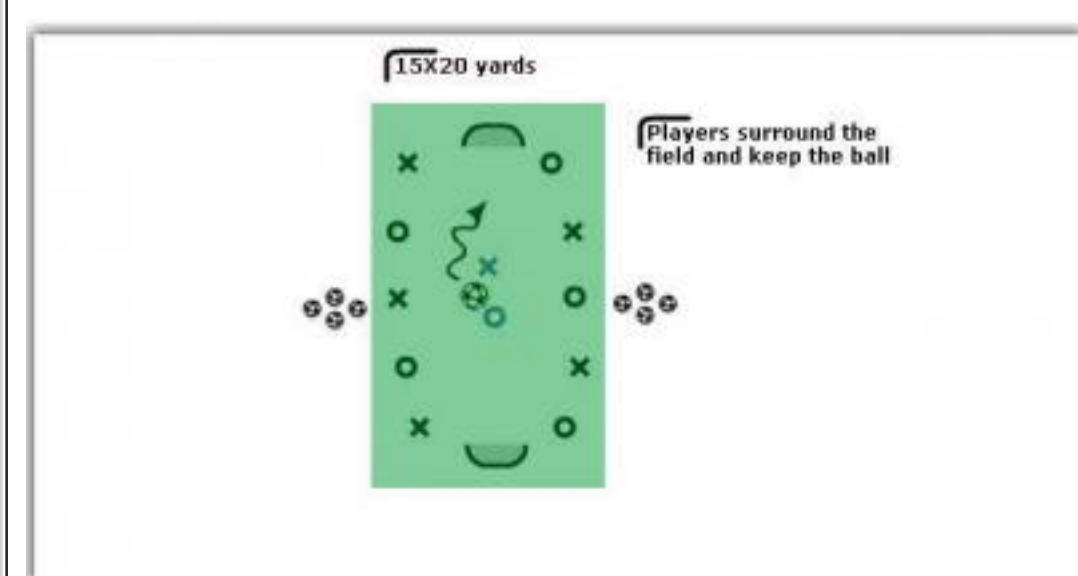
Drill Title: 1V1 Attacking to Goal



Divide the team in half. All the balls in between the teams. The first player from one line starts with the ball and has a free dribble to goal. As soon as the player dribbles over the line the first player in the other line starts to their goal. As soon as the player shoots on goal they immediately run towards the other goal to defend. This sequence continues. Shoot, defend, get a ball, change lines.

Key Points: a quick continuous shooting and defending game.

Drill Title: 1V1 No where to go



1V1 in the playing area with the other players surrounding the field to keep the ball in play at all times. If the ball goes out of the playing area quickly pass another ball in to the center of the field so the 1v1 players continue to play. Play for 1 minute then quickly switch 1v1 players. You can increase the size and build to 2V2. Play without goalies at first then use larger goals with GK.

Key Points: Protect the ball with your body Quick turns and shots on goal Quick transition