



## Week 2A 1v1's

Category: Technical: Attacking and Defending Skills

Difficulty: Beginner

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### 1v1 facing each other (10 mins)

First Activity: 1v1's

Theme: Attacker vs defender

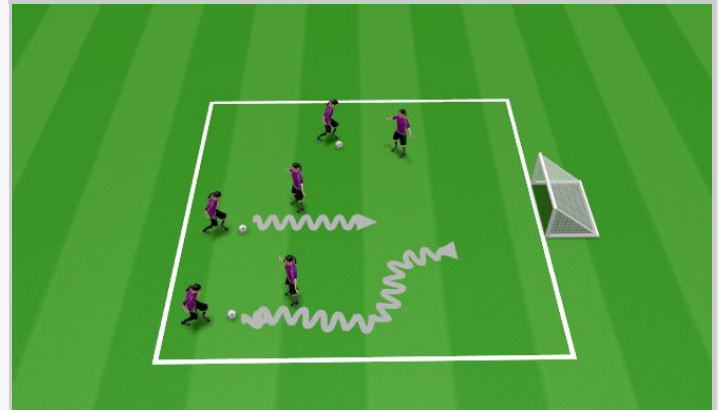
Set Up: Half field with goal

Time: 8-10minutes

Coach partners players up thinking about equal abilities. One player starts with ball while the other defends. 3 groups can go at once, all attempting to go to goal and score. If defender wins the ball, they become the attacker and the attacker becomes the defender continuing on to goal.

After shot, players return to half to go again switching roles to start.

Coach starts the next groups right away, there should not be much waiting. Occasionally switching up partners.



### 1v1 racing to ball (10 mins)

Second Activity: 1v1's

Theme: Racing to the ball to score

Set Up: 2 cones 10 yards out from goalline, goal, goalie

Time: 8-10minutes

Coach sets up teams to compete against each other. Coach signals "go" and players race around cone to the ball, play until goal or ball is kicked out of bounds. Keep score, first team to five wins. Coach is ready to set up next ball to get the next group going quickly. Players waiting can complete agility tasks 5 left foot hops, 5 right foot hops, 5 left foot side to side hops, 5 right foot side to side hops.

