



## Week 2B 1v1's

Category: Technical: Attacking and Defending Skills

Difficulty: Beginner

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### Gate Keeper (10 mins)

First Activity: Gate Keeper

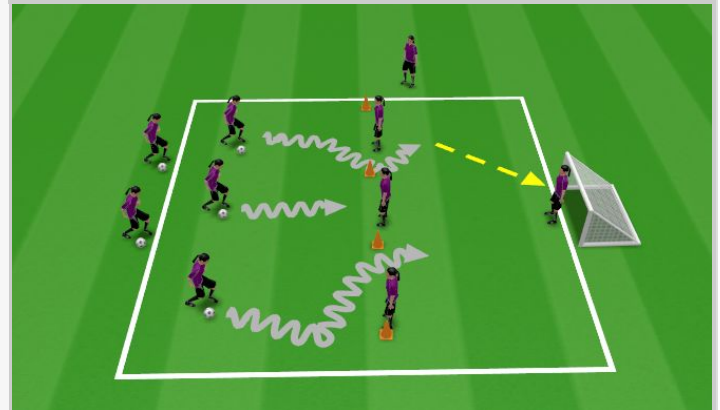
Theme: 1v1's

Set Up: 4 cones, 5 large steps a part in a line creating 3 gates.

Time: 8-10 minutes

Team vs team. Team 1 has 4 minutes to beat the Gate Keepers and try to score, keep score. Teams switch from attackers to defenders and goalie. Gate Keepers stay between cones and try to stop attackers from getting through.

Coaching the attackers: keep ball close, dribble at defender and shift to open space quickly.



### 1v1 Attack (10 mins)

Second Activity: 1v1 Attack

Theme: 1v1's

Set Up: 12 X 10 area, two goals with cones, goalies, coach feeds ball from the side.

Time: 8-10 minutes

Coach calls out "go", first players sprint around their own net to attack the ball and try to score in the other net.

Rotate goalies so everyone gets a chance to play net. Game continues until ball goes out of bounds or a goal is scored. Players waiting can complete agility tasks, 2 hops over cone front to back, 2 hops over cone side to side.

Progression: Add chaos by calling "go" for the next 1v1 to start while the other one is still going on.

