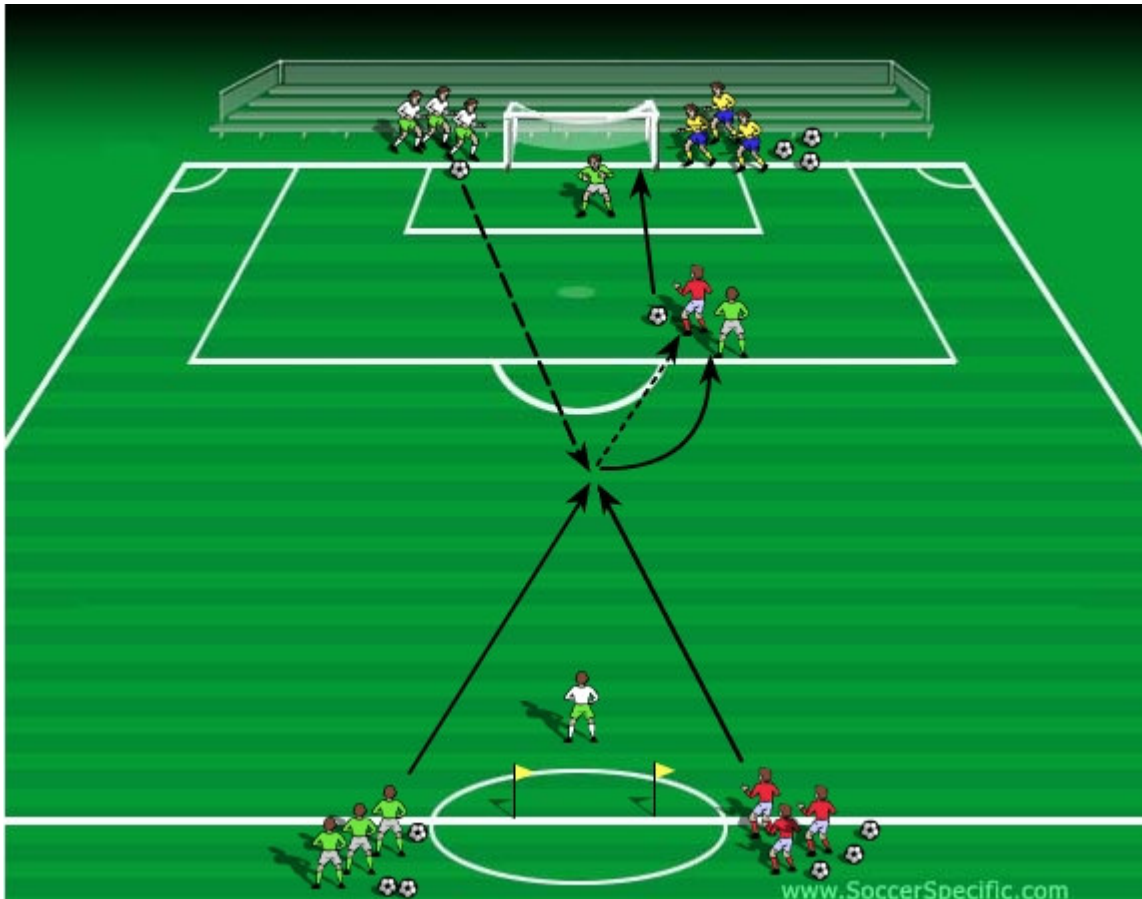


Half Field 1 V 1

Emphasis: Finishing, ball winning, dribbling at speed



Set-up: Use half the soccer field, and put a second goal on the midfield line. Split your team in half, and place them onto two different colored teams. Each colored team starts at one of the four goal posts. Make sure each group has plenty of extra balls.

Objective:

The first player in line serves the ball into the middle of the playing area. The first player in each line, exiting opposite goal, must challenge to win possession of the ball. The player with possession dribbles at speed to get a shot on goal. At any time, the defender may steal the ball and go to goal as well. After the shot has been taken, both players return to their original line.

Progression:

1. Make it a 2 V 2 to goal.
2. Make it a 3 V 3 to goal.

Coaching Points:

- The attackers must dribble at speed.
- Get the shot off quickly.
- Dribble away from pressure.