



## 1v1 - Two Goals

**Category:** Tactical: Inventive play  
**Difficulty:** Beginner

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### Description

#### 1v1 - Two Goals (15 mins)

##### 1v1 - Two Goals

15x20

- Red team pass the ball to the blue player and then plays defense.
- Blue player receives the ball and tries to score in one of the goals.
- Team earns a point if the player scores.
- Players stay in their line and then switch when the time is up.
- Play for 2 mins then switch.

Coaching Points:

- A) Use turns and feints quickly to get away and score quickly
- B) Close Control
- C) Dribble with foot farthest from defender

Training Focus:

Technical: Dribbling, CoD, Feints and Ball Control

Tactical: 1v1

Physical: Anaerobic Alactic, Agility, Coordination and Balance, Awareness

Psychosocial: Competitive, Self Confidence, Motivation

