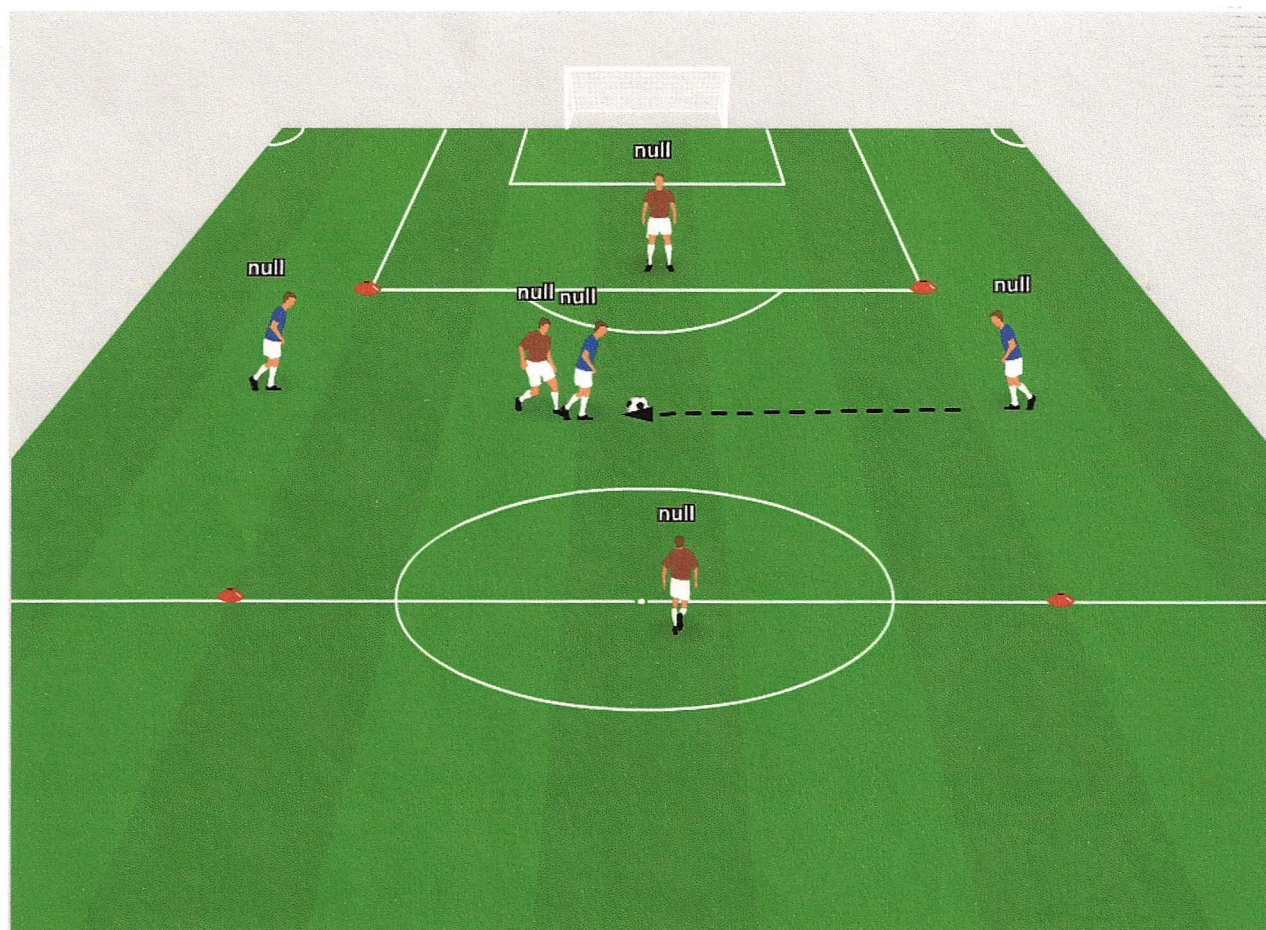


1 v 1 to Targets



| | | | |
|------------------|---------------|-------------------------|---------|
| Date: | null | Measurement: | 15 x 15 |
| Time: | null | Players: | 6 |
| Duration: | 10-15 minutes | Level/Age Group: | 11+ |

Description: Play 1 v1 in the middle of the square. Each player has 2 teammates as targets at opposite ends that they can pass the ball to at anytime. Once you win the ball you are attacking. Play for 1 minute and then bring in 2

Objective: To get players to receive and look to play the ball forward while under pressure.

Coaching Points: Players must not receive the ball on top of the server and on an angle. They should leave the space where they want to receive the ball. Attackers must look to face forward through any turns, dummies, fakes

Progression: Once you have received you cannot pass back to server.