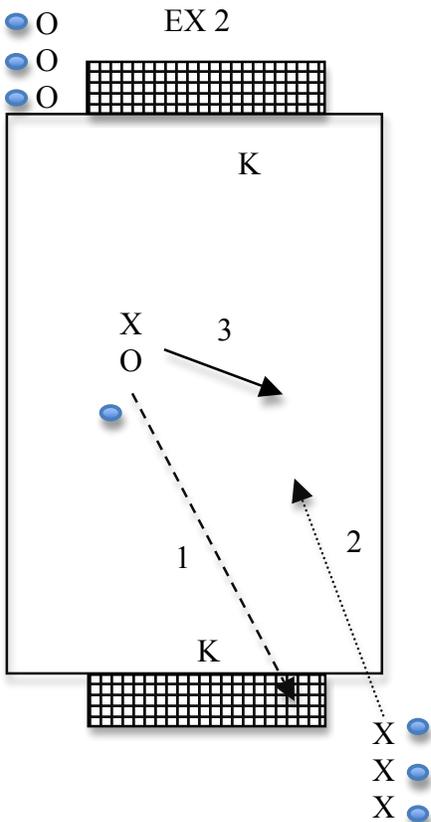
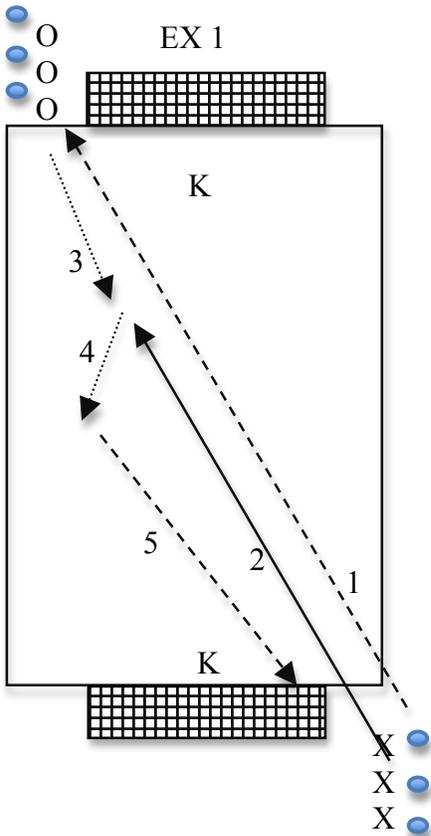


1v1 Attacking: High Wide



Set up:

1. Set up a 20 X 30 grid with a goal on one end. Have players form a line at the end of each grid.
2. X all have a ball, while O does not.

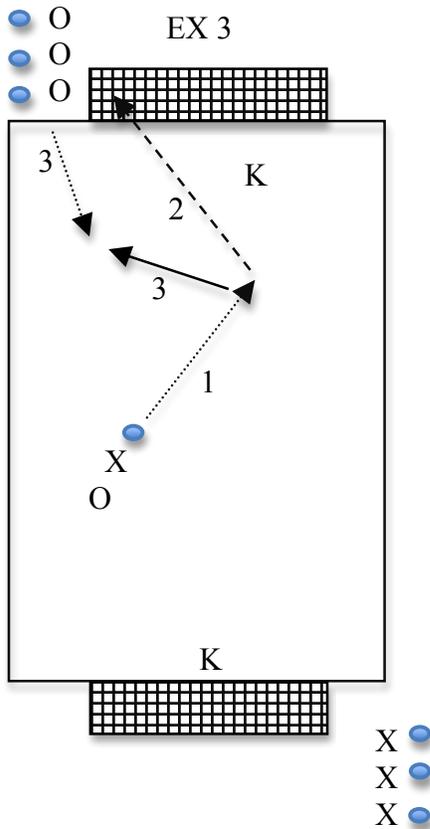
Play:

1. (EX 1) Player X passes the ball to O (1) and then goes to defend against O (2)
2. O dribbles at the defender (3). The objective for O is to dribble the ball past the defender by using one of the attacking moves (4) to unbalance the defender and create enough space to take a shot on goal (5).
3. (EX 2) After O shoots the ball, he now has to stay on to defend a new player from X with a ball coming to attack his goal. The defending player X gets out of the grid and returns to his own line.
4. (EX3) If the defender steals they ball (1), he can now try to score on the other goal (2), and after shooting now has to defend a new O player coming in with the ball.
5. Shooting player always stays on to immediately defend against the new attacking player coming in with the ball. When their turn is over players always return to their own line or team with a ball.
6. First team with 10 goals wins.

Variation:

1. If regular goals are not available, you can use small goals marked by cones with or without keeper.
2. When just using cones and no keeper, make the goals 3 feet wide.

COACHING POINTS:



1. Players should attack at speed and take their shot before they get to close to the goal. If they get to close, they will not be able to recover to defend the next player coming in with a ball.
2. Players waiting their turn should be ready to dribble into the grid and attack as soon as the shot is taken on their goal.
3. Dribble at the defender under control with the head up and keeping the ball out in front, not under their body.
4. Attacker should run at the defender at speed, but not so fast that he is out of control.
5. Use an attacking move to unbalance the defender.
6. Push the ball behind the defender and accelerate past him. Take the shot as soon as you are past the defender, preferably to the far post. Follow the shot for a potential rebound.
7. Use change in speed and fakes to beat the defender.
8. If the attacker loses the ball to the defender, he should apply immediate pressure (transition) to try to win the ball back and not let the defender score on the other goal.

Notes: