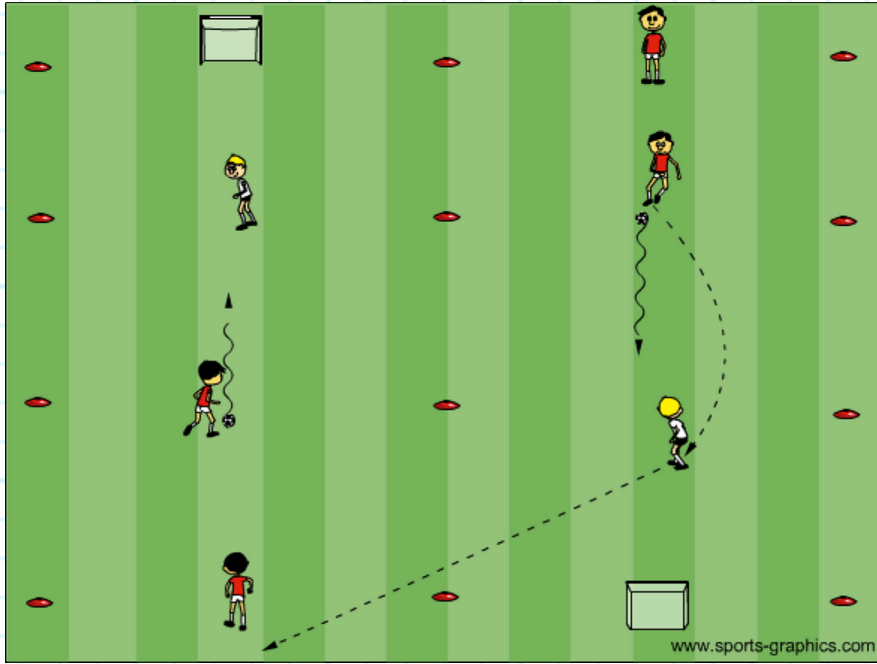




NEW MEXICO
SOCCER ACADEMY

Date:
Topic: 1v1 Two Games Continuous
Theme/Stage:
Level: U6 and Up
Coach:

Week:
Duration:
Extra Equip:



Set Up: two grids next to each other with a goal at either end, start with half of the players on one field and half on the other. Play 1v1 on each field. Once the defender has finished defending he joins the attacker line on the other field. Once the attacker has finished attacking he becomes the defender on the same field. Defenders should hold a pinnie and drop it when they are done, the new defender should pick it up and that is the cue for the next attacker to begin dribbling

Web Link for video:

Coaching Points/ Questions

Technical:

What can you do to get around the defender?

Tactical:

Psychosocial:

Physical:

To Adjust Difficulty:

Create good match ups within the group.

Make larger goals.

Dribble over the end line to score.

Notes: