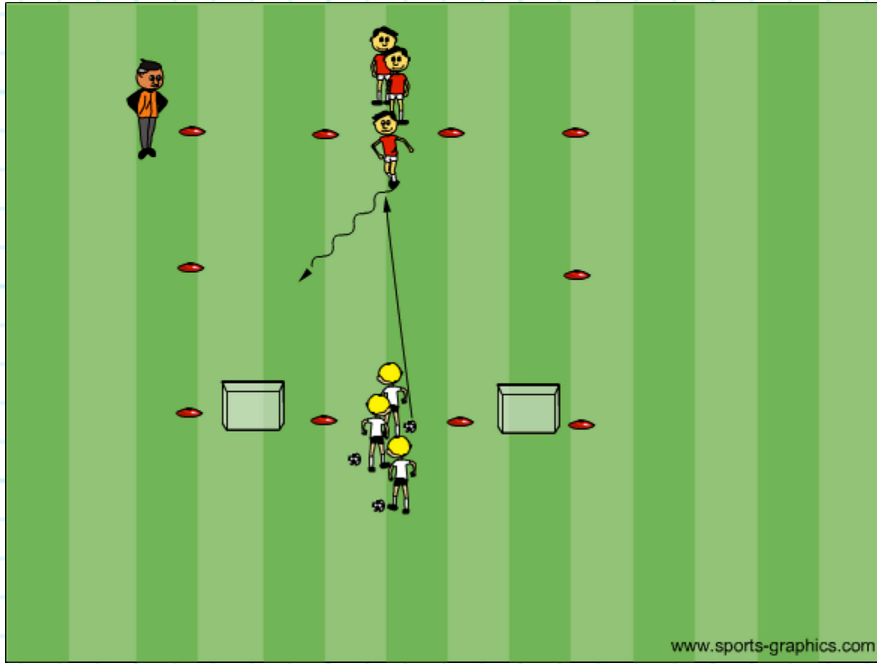




Date:	Week:
Topic: 1v1 Two Goals	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



Set Up: Split the group into 2 teams, set up the grid with 2 goals on one side. Put one team on the side of the grid with the goals and balls and the other team on the opposite side of the grid. Team A starts by passing to team B then they become the defender. The attacking player can score in either goal. The defender simply has to kick the ball out of the grid. Rotate the teams so that everyone gets to be the attacker.

Web Link for video:

Coaching Points/ Questions

Technical:
How can you trick the defender?

Tactical:

Psychosocial:

Physical:

To Adjust Difficulty:

Make good match ups.

Decrease/increase the size of the goals.

Score by dribbling over the end line.

Notes: Teach inside cut, fake to shoot and cut across the body towards the other goal.