1v1 TO SMALL GOALS

www.onside-training.com

Setup:

- Create a field measuring about 15 x 20 meters, featuring a small goal at each end.
- Have at least 4 players, with min. 2 players beside each goal.
- Position the players beside the goals, and have all the balls placed at one end.
- Adjust the distance between players based on their age and skill level.

Why Use This Drill?

The 1v1 to small goals is an excellent practice for players to enhance their skills both as a dribbler and as a defender. This drill simulates real in-game situations, allowing players to work on their technical dribbling abilities.
Attacking players can concentrate on various skills to get past the defender, expanding their range of techniques for actual game scenarios.

1v1 TO SMALL GOALS

How It Works

The defender starts the drill by passing the ball to the attacker. The objective for the attacker is to score swiftly, emphasizing speed in the attack. If the defender gains possession, they should attempt to score.

Maintain a quick tempo and dynamic movement during the attack to make it easier to navigate past the defender. Stopping before dribbling makes it more challenging for the attacker.

After the ball goes out of bounds, players switch to the opposite cone, and two new players begin the 1v1.