

Drill Number

2

Min Age Group:

U7

Min # of Players

2

Drill Name

One-on-One

Min Time Required

5

Description

Setup:

Use cones to create a channel approximately 10 yards wide and 20 yards long. Create a 3 yard deep box on each end with discs. Line the players up outside the channel (behind the box).

Description:

The coach starts the drill by serving the ball to one of the players. The player must control the ball and aggressively attempt to dribble past the oncoming defender, stopping the ball in the defenders box to score.

The defender should aggressively close the distance while the ball travels to the player using angles to shepherd the player.

Coaching Points

Golden Rule of Defense: The ball can get by me or the man can get by me, but never both.

Remind players to breakdown and bend knees when getting close to each other.

Dribbling

Footwork

Shielding

Passing

Receiving

Defending

Tackling

Finishing Tech

Throw-ins

Aggressiveness

Conditioning

Spacing Concepts

Tactics

Goalkeeper

Settling the Ball

