

Drill Number

54

Min Age Group:

U7

Min # of Players

5

Drill Name

2v1

Min Time Required

10

Description

Setup:

Two lines of players about 30-40 yards from goal. One line in center and the other near a sideline. One defender about 15 yards from ball.

Description:

The line on side has the balls. On whistle player with ball dribbles toward the goal. Defender decides whether to pressure the ball or take away the pass.

Coaching Points

Dribbling



Footwork



Shielding



Passing



Receiving



Defending



Tackling



Finishing Tech



Throw-ins



Aggressiveness



Conditioning



Spacing Concepts



Tactics



Goalkeeper



Settling the Ball

