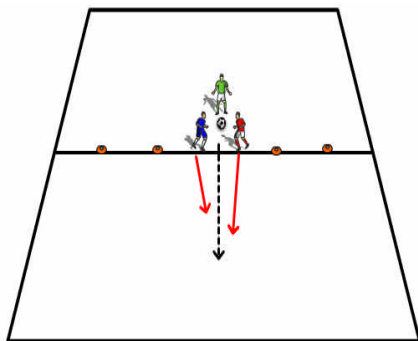
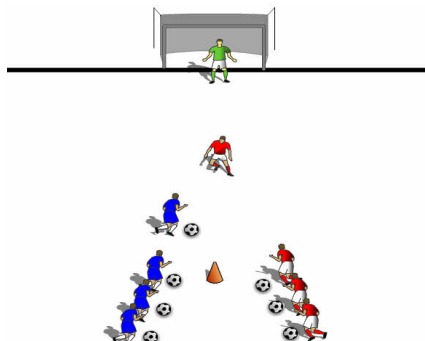




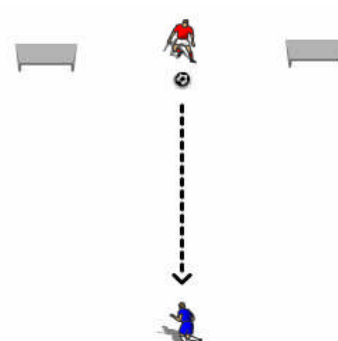
# 1V1 PRACTICES



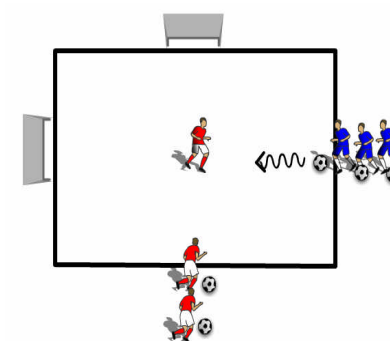
The coach passes a ball between the 2 players. The players run and fight for possession. The player who wins the ball becomes the attacker and tries to turn and pass into the 2 gates.



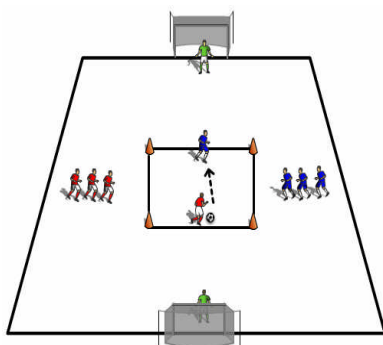
Two teams. One keeper. The teams take turns to dribble and attack 1v1. After attacking you must quickly react and defend against the next player. The first team to five goals is the winner



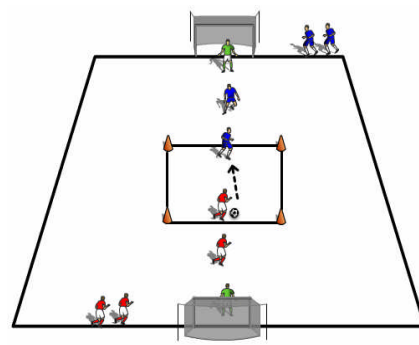
The defender passes to the attacker and then races to defend. The attacker must use disguise to beat the defender and pass into one of the target goals



The teams attack one goal and defend the other goal. This practice is continuous attack and then defend. The 1<sup>st</sup> team to five goals is the winner.



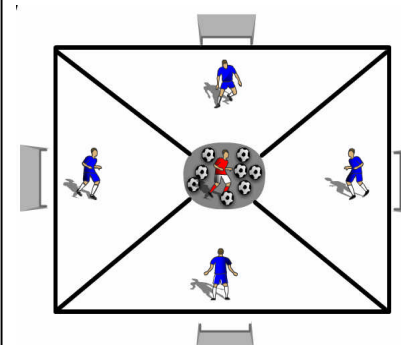
The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to have a free run and shot at goal. If the defender tackles the attacker then he can break out of the zone to shoot.



The 2 players start inside the 10x10yd area. The attacker attempts to beat the defender and get out of the zone to go 1v1 with the 2<sup>nd</sup> defender to score. If the defender tackles the attacker then he can break out of the zone to attack.



Player A passes the ball out to Player B and runs to defend 1v1. once this ball is complete, the coach passes a 2nd ball to Player A, now Player C runs out to stop Player A from turning to shoot at goal.



Continuous 1v1 game. The attacker chooses which goal to attack. If the attacker scores then they return to collect a 2nd ball and attack a different goal. If the defender stops the attacker scoring, the roles are reversed