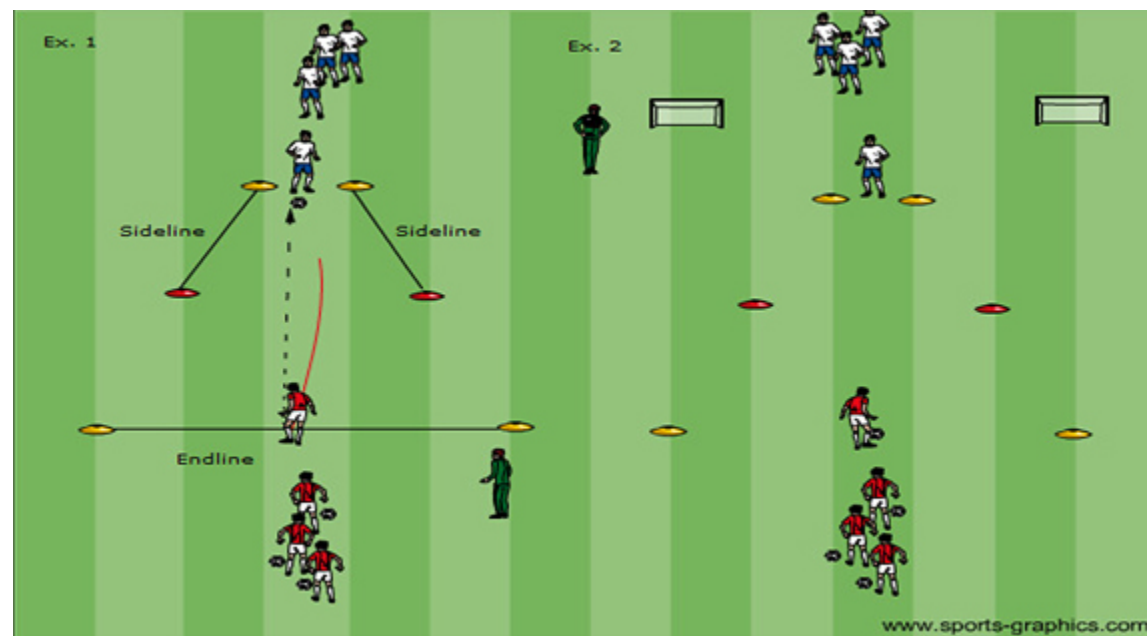


# Celtic 1v1 w/BD Progression



**The Set-up:** Create a 15 yard triangle (as pictured), Divide team into two groups, attackers and defenders (red/white). It's not necessary to have the group divided by color, but it helps for the explanation of the exercise. The defender (Red) starts along the end-line with a ball. The attacker (white) stands at the top of the triangle.

**Note:** This exercise is best in groups of 6 to 8. If you have 12 players, create a second triangle.

**The Game:** Red passes the ball to white and quickly moves out to defend. White attempts to dribble the end-line. Red attempts to defend in the upper portion of the triangle (MUST close the space in order to do so), win the ball back and dribble the upper side-line.

**Coach should focus on the Defender:**

- Immediate pressure to the ball ("close the space")
- Speed of approach (Fast first couple of steps, but slow down as you approach the attacker)
- Get side on ("steer the attack")
- Soft on your feet, knees bent, weight slightly toward your back foot
- Patient defending ("Don't dive in")
- Winning the ball back
- Counter (Dribble the sideline)

*This is a great exercise to teach players to close the space since the slower one is in doing so the more room the attacker has to operate within the triangle.*

**Progression (Pictured on Right Side of the Diagram):** The same exercise, but with the addition of counter goals. Now, if red can win the ball back and dribble the sideline, he or she can attack the counter goals.

**Note:** Coach should encourage white to defend upon loss of possession and not allow red to counter!

**Rotation:** Rotate from attacking to defending line, defending to attacking line or have one team defend/attack for a certain period (ex. 4 minutes) and then switch roles.