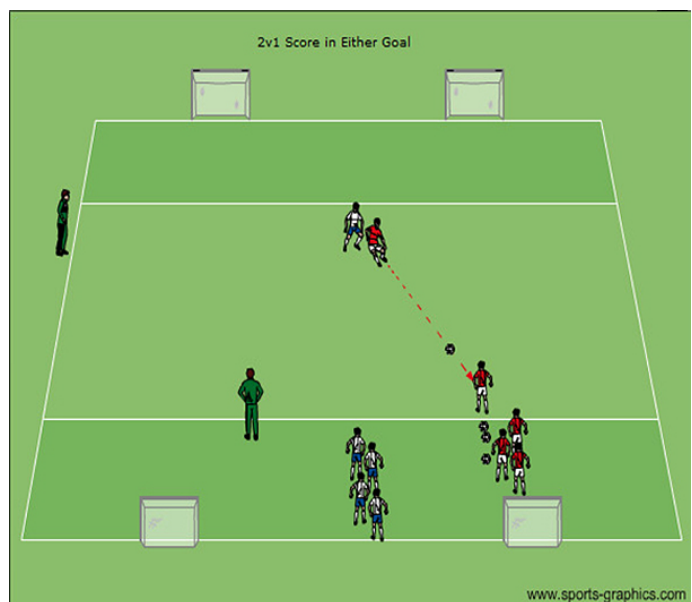
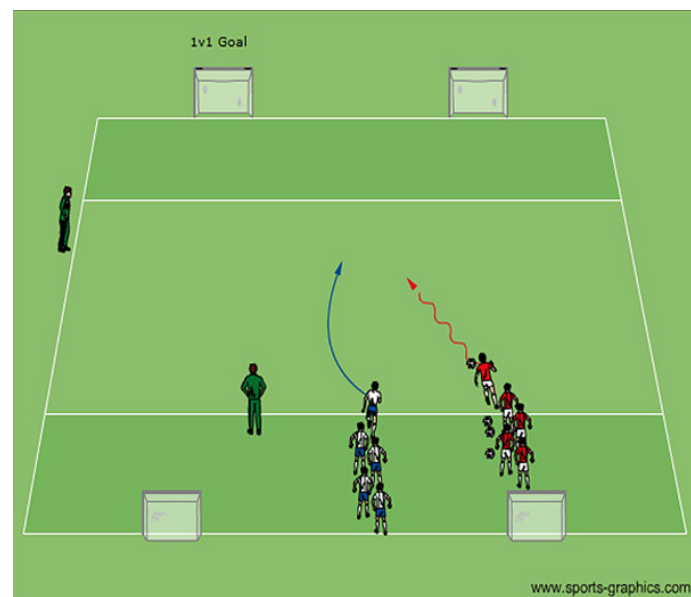


Go it Alone or Bring a Teammate



The Set-up: Divide the team into two

equal groups (red and white). The first Red player starts with the ball and can score in the goal diagonally across from his/her line, but must be in the shooting zone for a goal to count. **The Game:** The first red player attacks the diagonal goal with the dribble. Once he/she touches the ball, the first white player moves out to defend. Red can continue to attack 1v1, but if white recovers quickly, red can turn and play back to a teammate, creating a 2v1. In the 2v1, Red can score in either goal. **Note:** the coaches should position themselves as in the diagram. One coach can enforce the off-sides law in the 2v1 situation, the other can serve as a target for the white defender to play into when he/she wins the ball. **Focus:**

- Attacking at speed with the dribble
- Sealing the defender off with the dribble (get across his/her body)
- Recovery runs
- Decision making
- 2v1 Attacking
- 1v2 Defending

Rotation: Switch roles after 4 minutes. Allow each team to attack and defend twice.