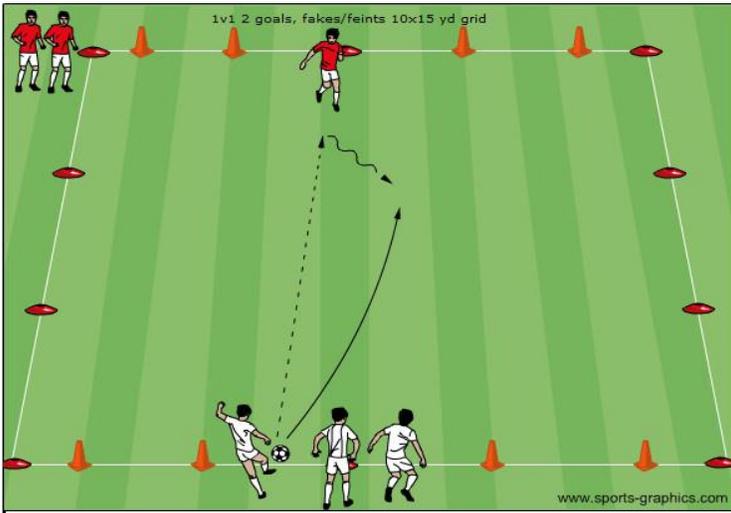




1v1 Attacking Games, Beating Defenders 1v1



1v1 Game 1-

1v1 on a 10x15 yard field with two goals, 3 yards wide, on each end line.

- 1) Players try to beat defenders and dribble through either end line goal. Must be under control.
- 2) Defenders should try to score quickly after winning the ball.

- Variations-
- No Goals, just dribble across the end line.
 - One goal, in middle of end line. 2 points for dribbling through goal, 1 point for dribbling across end line (not through the goal.)

- CP-
- Change Direction and Speed, use body fakes.
 - Dribble at the lead foot of defender.

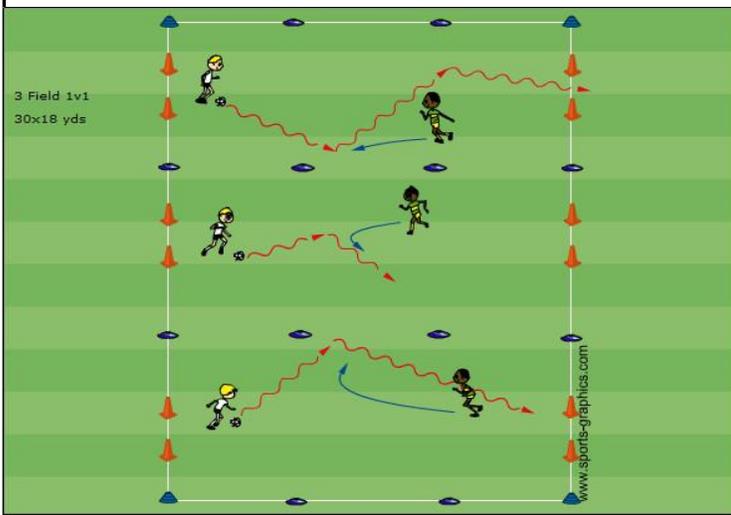
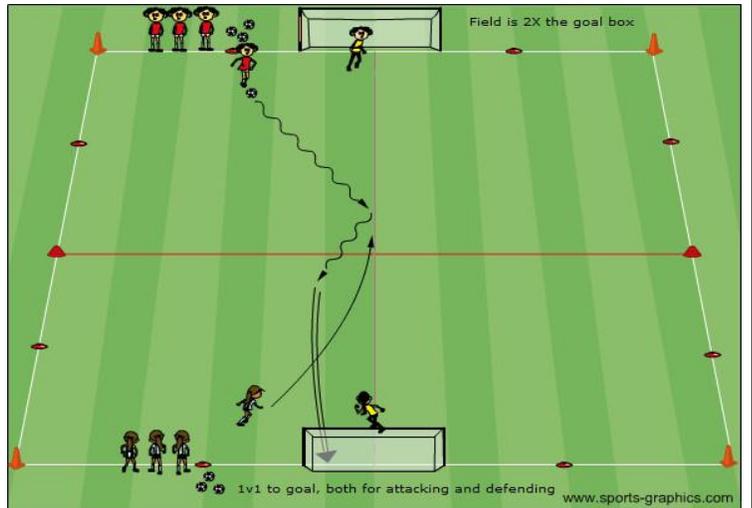
1v1 Game 2-

1v1 on a field that is 2X the penalty box.

1) Players always start on offense with a ball. They dribble and try to score on the goal. Then they immediately switch and turn to play defense against the next attacking player on opposite team. After defending they go to out to the end of their line.

2) Order of play, (A) Start on offense, (B) Then defend, © Out.

- Variations-
- Players stay on as long as they keep winning the ball defensively, and getting shots off.
 - Progress the game to 2v1, 2v2



1v1 Game 3-

3 games of 1v1 played at the same time on a 30x18 yard field. Split into 3 10x18 yard fields.

- 1) Players play 1v1 for one minute against the same person. After one minute, two new players play for one minute.
- 2) Players score by dribbling through the goal on the opposite end line.

- Variations-
- Players dribble across end line for a point.
 - Make it a 1v1 tournament, with a semifinal and a final. 2 points for win, 1 for a tie.
 - Double points for 1v1 moves that create a goal.