



1v1 to Multiple Goals

1v1 soccer drill, 1v1 soccer, attacking soccer, defending soccer

Published 9/30/2006 3:42:06 AM

Drill Objective:

This soccer drill is great drill for focusing on teaching players attacking skills such as taking on their opponent or learning to attack space. Defensively it will teach players the responsibility of man marking.

Drill Setup:

Make a 40X40 grid. Split your team into pairs with one ball per pair. Randomly set up small goals (approx 2-3 yards wide) with flags within the grid; one goal per pair. Each pair should begin at their window.

Drill Instructions:

Each team will play 1v1 using their goal only. Goals are scored by dribbling across the goal line. Goals can be scored from either side of their own goal. Players play 1 to 2 minute games and rotate players.

Drill Coaching Points:

Attacking: Head up and aware of other players, change of direction, close control, and change of pace
Defending: Bent Knees, aware of attacker, tracking attackers movement and protecting the goal

Drill Variations

Open it up where each pair can score on any of the other goals. They are still paired up with only their partner and should not interfere with any other pairs going on. Goals can still be scored from either side of the goals by dribbling through the goal.



Titled: [1v1 to Multiple Goals](#)

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