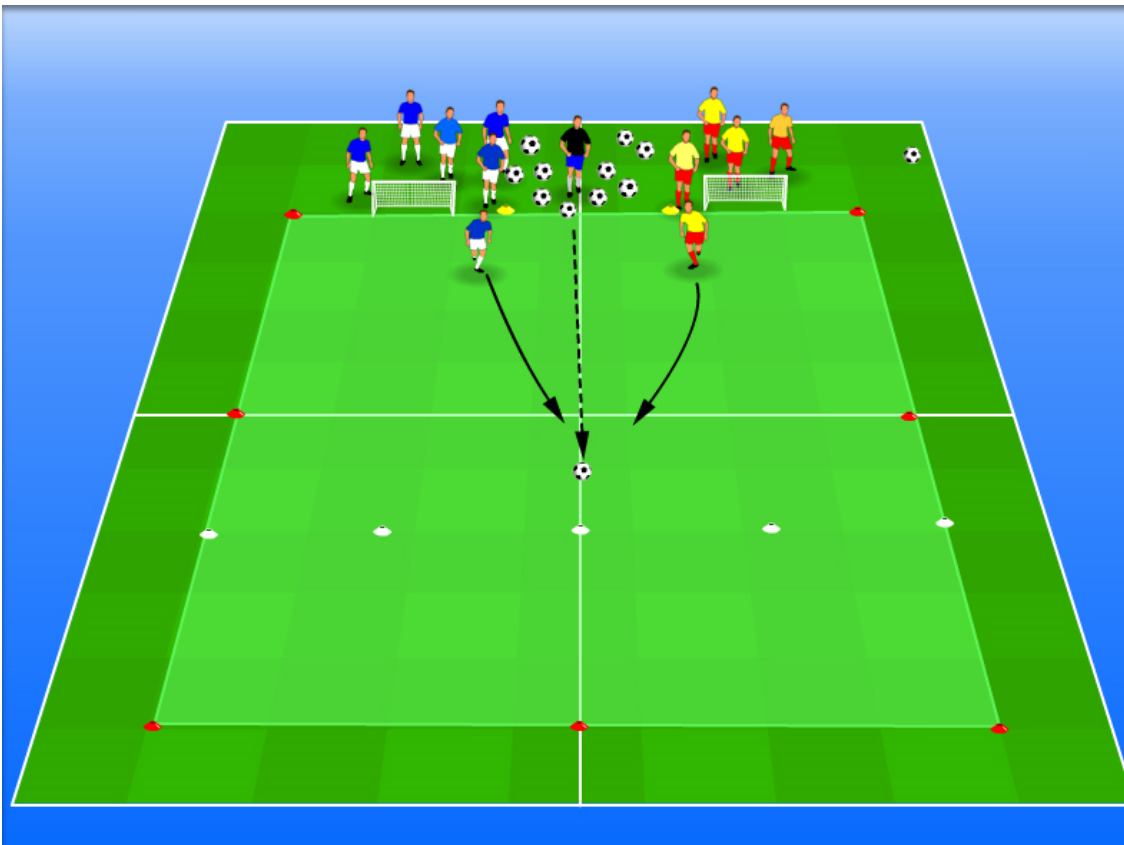


Date: 29/Aug/2017 **Duration:** N/A
Time: N/A **Age/Level:**

Session: Dribbling, Change of Direction Skills &
Objective: Competing

1v1 Change Of Direction to Goal

1V1 COD - 180 Turn +



Description: Two goals are on the same side as the players and coach. There are two team made and where the team is place is up to the coach. (Close to the coach, outside of the far post of each goal, on the touch line 5 yards up from the goal line.)

Ball is sent out and the players go get the ball and try and score on either goal. Send another 1v1 during the play shorten waiting. If ball goes out play is over. Serve the ball to any area.

Coaching Points: Get to the ball quickly. Throw a fake to move the defender opposite of where you wish to dribble. Stop and go to change the speed of the defender. Keep after the ball.

If the ball is lost, transition to defend immediately. If the ball is won, attack space quickly.