



Coach: John Von Klopp
Club: Academy
Role: Coach
Qualf: USSF Youth (United States)

1v1 COD Tolls To Goals 2



Date: 14/Jun/2020

Measurement: 30 x 30

Time: N/A:N/A

Players: 10

Duration: N/A

Level: U5 - 18+

Objective: Work on turning, dribbling, playing at speed & with pressure. Often there are transition moments.

Description: Teams do not need to have even numbers. (Makes players face a different opponent with odd numbers) Two teams & the server are on the goal line. Goal is facing into the field and players have multiple challenges to get a goal. #1 challenge is turning the ball because players have back to goal. #2 is first player to the ball has pressure on their back. #3 the players must bring the ball through one of the gates before going to goal. This setup gives many reasons to & encourages Change Of Direction.

Coaching Points:

Progression: - Add one player to one team. (2v1) - Only the two must go through the gate. - The two in 2v1 must make a pass before or after going through a gate.