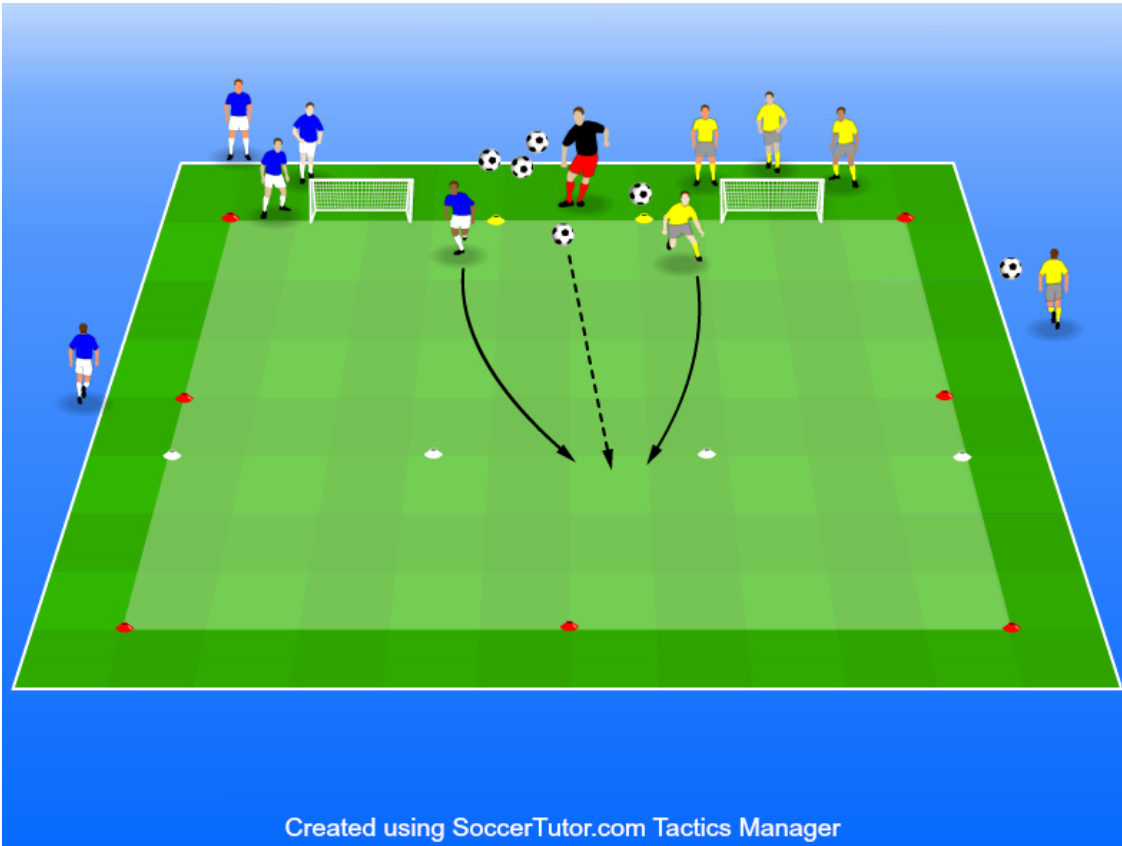




1v1 COD - 180° Turn



Date:	14/Jun/2020	Measurement:	10 x 10
Time:	N/A:N/A	Players:	10
Duration:	N/A	Level:	

Objective:

Description:

Two goals are on the same side as the players & coach who is the server. There are two and are not required to have equal numbers. Ball is sent into playing area. The players go after the ball & try to score on either goal. Send another 1v1 during the play & shorten waiting. (Two 1v1s) If ball goes out of bounds, play is over. Serve the ball to any area. Create a zone that the ball must enter before going to goal.

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

Progression:

- Add a line the ball must cross before going to goal. - Add two/three neutral gates that each player must dribble through one time before going to goal if they have the ball. (If player dribbles through gate, loses the ball, don't need to go through gate again once regaining possession)