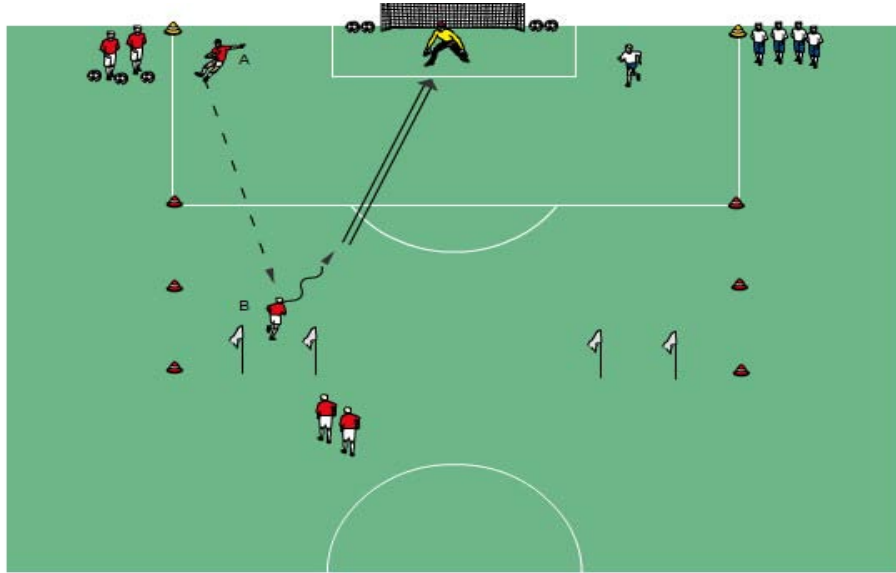


Combination followed by 1v1



The Set-up: Field is a double penalty box (36 x 44). Use one large goal, two sets of gates for goals. Team is divided in half (Red and White) with the red team split into two lines. Balls begin with the red line (A) with several extra balls next to the goal.

The Exercise: Red A drives a long pass out to Red B. Red B controls the pass dribbles toward the top of the box and shoots directly at the goalie. The Goalie saves the ball and rolls it out to the white player. White now tries to dribble either gate. If Red wins the ball he counter-attacks to the large goal.

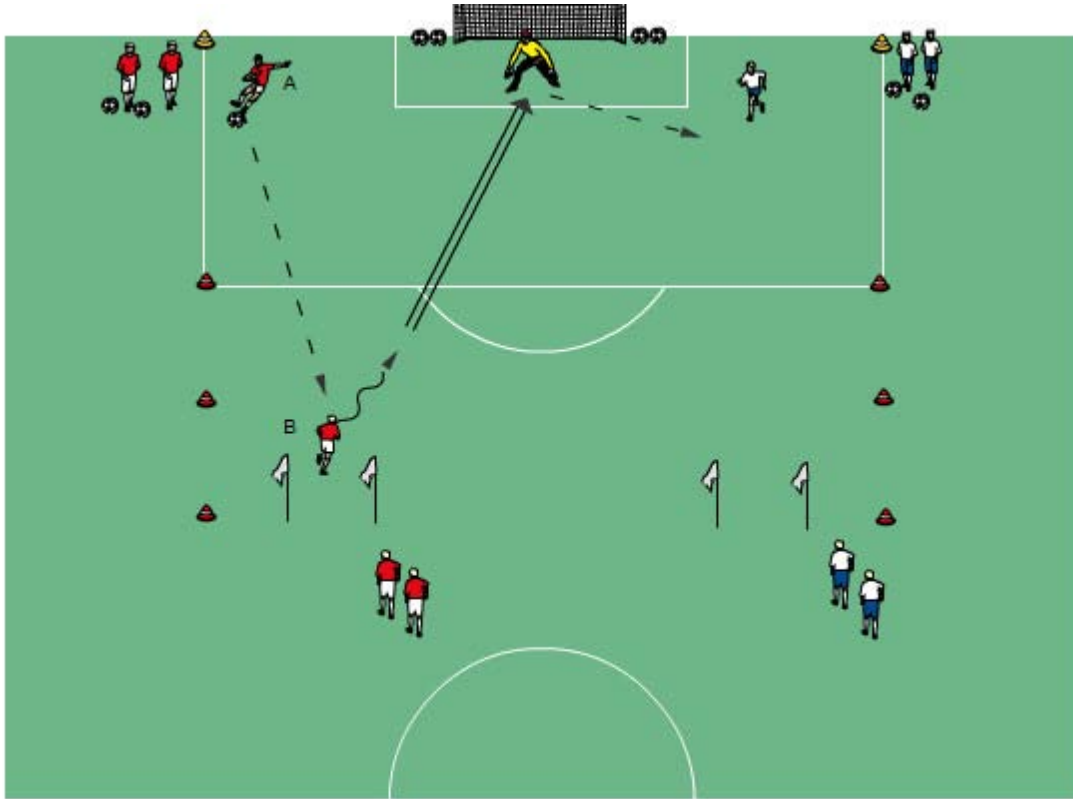
Rotation:

- Red should switch lines each time.
- Red team should start with the ball for 5 minutes then switch roles with White.

Focus:

- Long Pass (more advanced players can be asked to serve ball through the air)
- Receiving the ball
- Dribbling with speed
- Accurate shot
- Goalkeeper handling and distribution

Progression



Same exercise, but now the game is continuous. Both the teams are divided in half (as pictured). Red starts the initial movement (same as the original exercise), but once the 1v1 is finished white now begins the next series.

Note: It's important to have extra balls placed next to the goal. This will allow for the exercise to continue if the original shooter isn't accurate in his shot on the goalkeeper