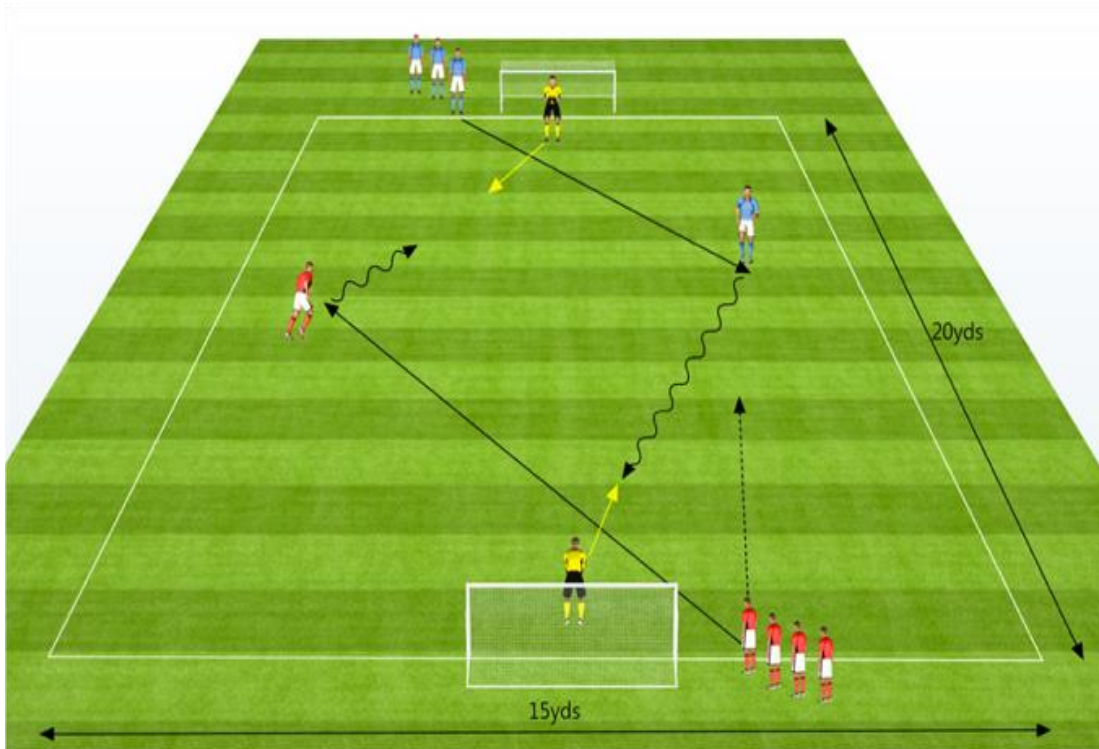


Practice Objective

- ⚽ This practice is a focus on 1 v 1 situations.
- ⚽ This is a fun practice and the players will love it!



Organisation:

- ⚽ Set up a 15 x 20 grid
- ⚽ Split players into two teams of up to 6 players.

Instructions:

- ⚽ Server plays ball in for player to run onto and try and beat Goalkeeper to score
- ⚽ Ensure that Player does not shoot but attempts to go round GK, prior to scoring

Coaching Points:

- ⚽ Can you stay big?
- ⚽ Protect your goal.

Variations (C.H.A.N.G.E.I.T):

- ⚽ Introduce that server now becomes the recovery defender who can join play on opposing attackers first touch.
- ⚽ After a set time move the service to the other side, ensuring Goalkeeper deals with players from both sides