

1V1 BOX COMPETITION

STAGES COVERED BY ACTIVITY

Stages 1 & 2 3-8 year old players

THEMES & COMPETENCIES

Theme:

- + Dribbling and turns.
- + Attacking as an individual.
- + Defending as an individual.

Competencies:

- + Dribbling basics.
- + Turning basics.
- + Feints and dribble.
- + Beating an opponent.
- + Escaping an opponent.
- + Shooting technique.

WHY USE IT

This activity allows for players to gain confidence executing a move to beat a defender to set up a shot.

SET UP

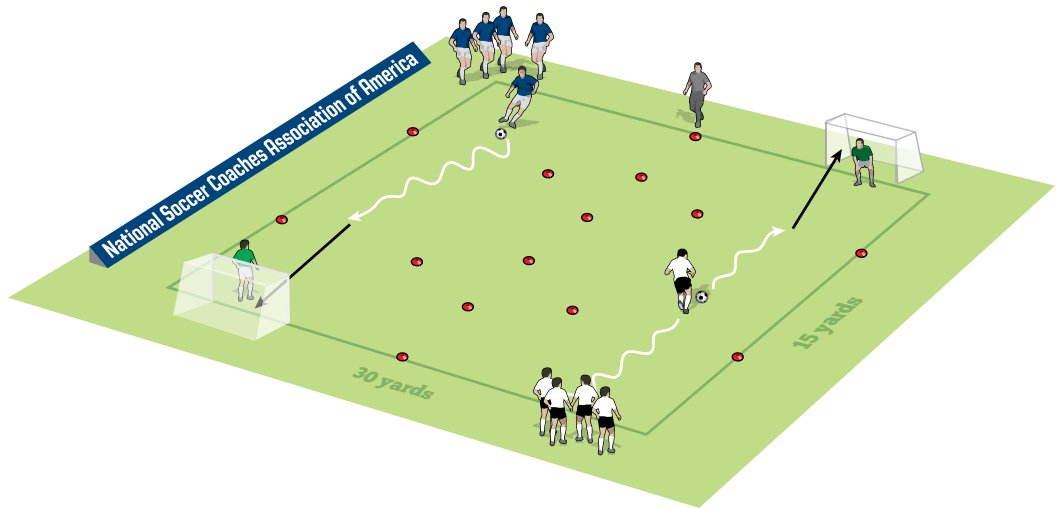
2 fields are set up side by side. A large goal is placed in each field. Each field is 30 x 15 with a 8x8 yard box about 15 yards from the goal. Players are split into teams and each team is positioned behind a cone 5 yards behind the grid.

HOW TO PLAY

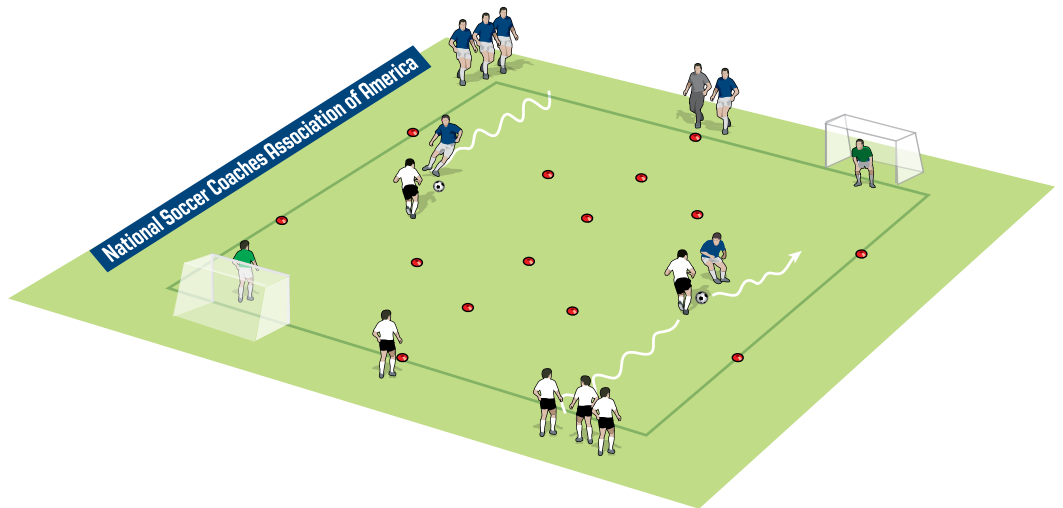
The first person in each line must dribble up to the grid and perform a move to beat a defender. The player will then look to dribble and score at the edge of the grid. The coach will tell the teams that they have two minutes to see how many goals they can score. In the second phase a defender is added in each grid.

COACHING NOTES

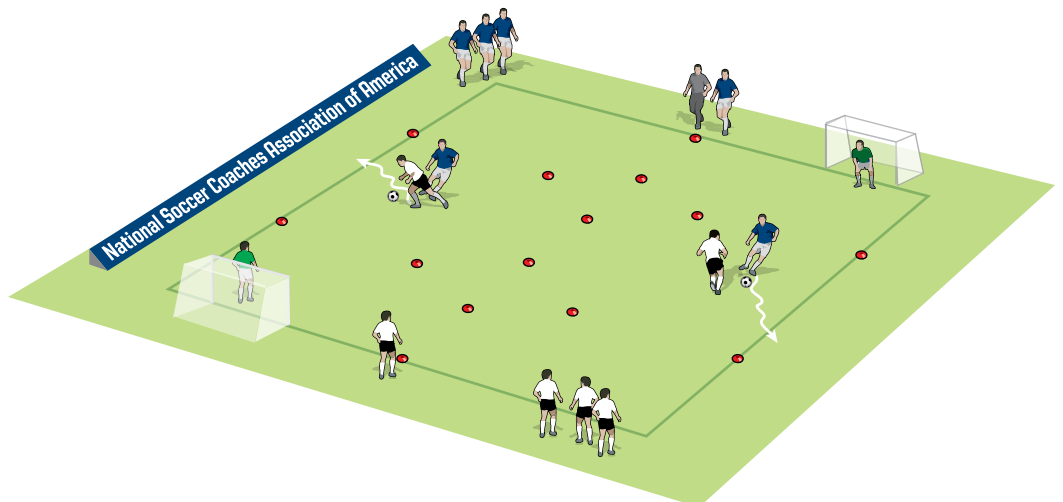
- + Main coaching objectives – increase comfort attacking 1v1 and shooting on goal
- + Coaching tips – remind players of the timing of their move versus the defender and to have a prep touch that gets their body facing the goal when shooting.
- + Adaptations – the distance of the grid from the goal can be adjusted to make it harder or easier to score.



- + Players must keep the ball close to them when performing the move before shooting.



- + The player must now try to beat the defender in the box before shooting.
- + Players need to focus on the timing of the move to beat the defender.



- + If the defender wins the ball they can dribble out of the grid for a point

