



Creative Dribbling Part One- Exercise 1v1

Player One passes to player two. Player one plays as a defender and Player 2 plays as an attacker and tries to score in oppositions goal.

If player one (the defender wins the ball)they go to opposite goal and try to score

Team plays as defenders for three minutes and then teams reverse roles.

Winning team is the team who scores the most goals after six minutes.

Coaching Points

Encourage the attacking player to be creative (using moves and change of speed to beat opposition)

For example player needs to get defender off balance using moves and then burst by defender when he/she is off balance by using a burst of speed

Encourage players to be positive at all times