



© Copyright [www.academysoccercoach.co.uk](http://www.academysoccercoach.co.uk) 2013

### **Panna - 1v1v1 Rotating.**

Set up a 40x40 yrd playing area as shown above.

Each mini playing area has its own challenge.

Pitch 1 - Mini goals.

Pitch 2 - Target cones.

Pitch 3 - Corner zones/Goals with gks.

Pitch 4 - 4 dribble gates.

Split players into groups of three and number them 1-3.

Each group is designated a mini pitch.

Player 1 + 2 start on the mini pitch while player 3 waits on the side.

Player 1+2 compete until the coaches whistle.

On coaches whistle player 1 leaves and player 3 enters.

Again players compete and on coaches whistle player 2 leaves and player 1 enters.

Each 1v1 lasts approx 2 mins.

Players get 1 point for scoring in their mini pitches goal and 3 points for a panna.

Players keep a total of their own points.

After all players have played each other they move clockwise to the next mini pitch.