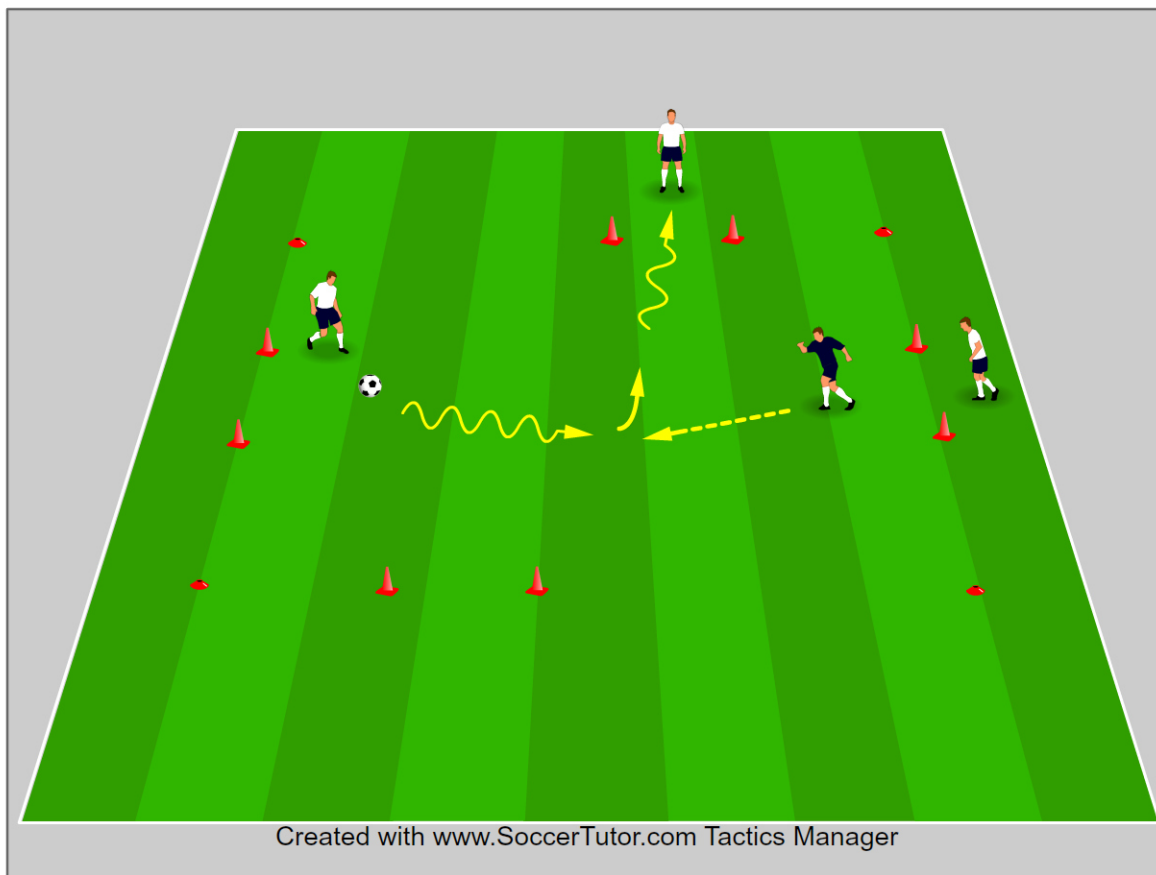


WSA 1v1 on 4 goals - U9/U10



Date: 21/Aug/2014

Measurement: 30 x 30 Yards

Time: N/A:N/A

Players: 4

Duration: 15

Level/Age Group: U8 - U10

Description: Long sides are about 16-18 yards long. Short sides are 10-12 yards wide. The goals are about 3-4 yards wide.

1 player starts with ball and tries to dribble to ball passed the opponent. The player with ball has 2 gates to score on. Players have to dribble the ball through the gates.

Objective: Force the defender to step out in the direction of 1 goal, to open up the space to dribble to the 2nd goal.

Coaching Points:

- 1 - Keep your head up. Know where your opponent is.
- 2 - Try not to dribble the ball in to the range of your opponent
- 3 - Lure the defender 1 way, get him/her off balance
- 4 - Change direction of the ball really fast and dribble in to open speed

Progression: You can assign different goals to score on. This game can also be played in teams of 2 (2v2). Emphasis should still be on dribbling. You have to dribble the ball through the gates.