

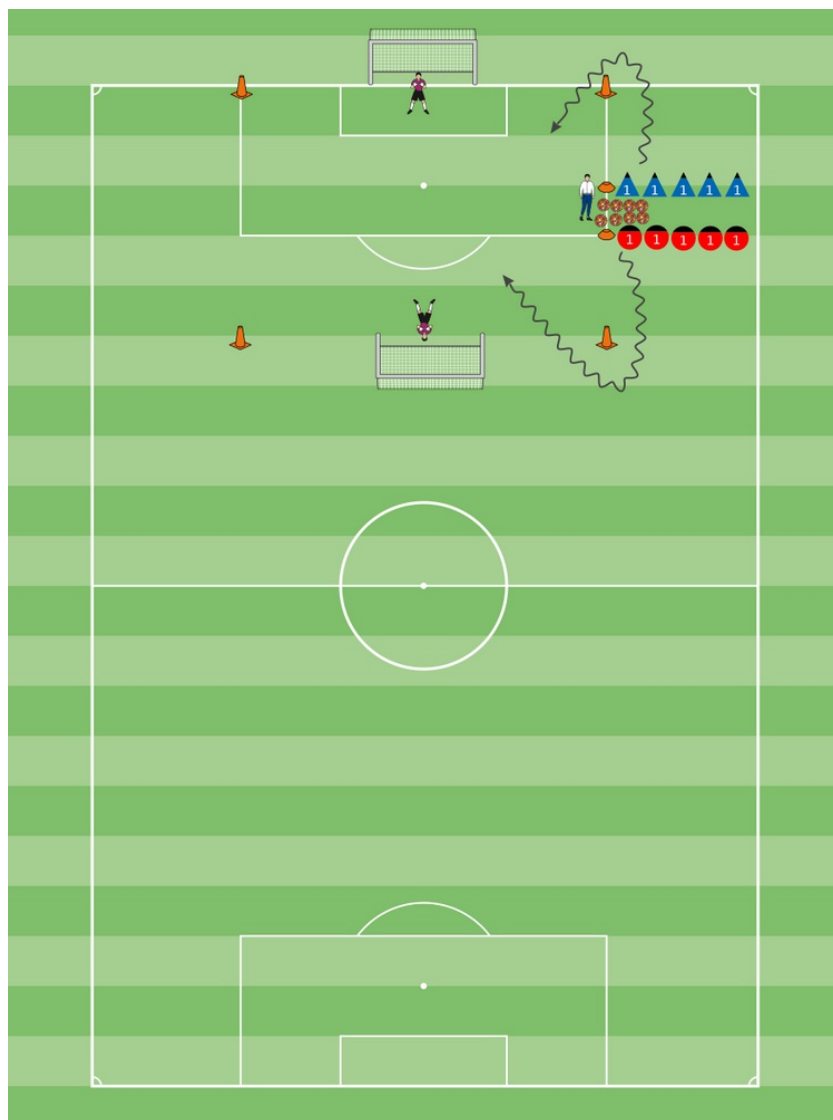


Winner Stays On

OBJECTIVE: Improve the individual player's ability to beat a defender in 1v1 attacking situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. Each team lined up behind the cones on the sideline and all the balls in between the two teams with the coach. On the coach's "Go!" the first player in each line runs around the cone in their corner. The coach serves a ball onto the field and the players play 1v1 to goal. Players MAY NOT score with their first touch. Players must at least take one touch on the ball before shooting. If the goalkeeper makes a save they distribute the ball back to their teammate on the field. Play until the ball goes out and players return to the end of their lines. Play for 3 minutes or first to so many goals. AFTER THE FIRST ROUND, if a player scores they now stay on the field. After scoring the player runs around their cone again and the other team sends 2 defenders. If the player scores again 1v2 then they stay on and the other team sends 3 defenders. Once the 1 player does not score everyone comes off and it returns to 1v1.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

TEAM FUNCTION:

Attacking

AGE:

U6 / U14

PLAYERS:

1

DURATION:

15:0 min (4 x 3:0 min, 1:0 min rest)

INTENSITY:

Light