



1v1 small goals game Core

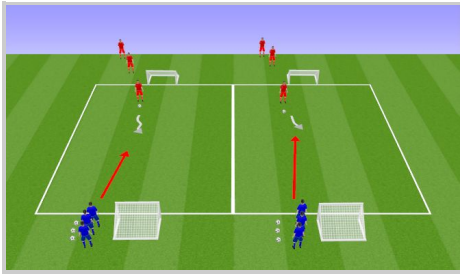
Category: Technical: Attacking skills

Difficulty: Academy Sessions

Boise Timbers Thorns
Taylor Bodily



1v1 to goal (20 mins)



Organization of Session

Field 20X12 yards, small goals or big goals with goalkeepers.

One line of players at each goal.

One team starts with all the balls.

Key Points

Player with ball plays ball across to other line, 2 players step out and play 1v1 until someone scores or ball is out of bounds.

Switch the side the balls start on every few minutes.

Coaching Points

Make it a competition. Play for points.

- Attackers driving right at the front foot of the defenders AT SPEED
- Using the moves worked on previously