



1v1 2v2 3v3

Category: Physical: Strength/Power

Difficulty: Moderate

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1v1 2v2 3v3 (25 mins)



Prepare an area 25m x 25m with one goal post at one end.

Split the group into 2 even teams and assign a number to each player.

The coach rolls the ball into play while calling out 1 number. The player assigned to that number from each team have to run to win the ball. The first player on the ball needs to shoot at goal while the other player needs to defend the goalpost. If the defender manages to win the ball from the dribbler, he can now run to the opposite end and score by stopping the ball on the line near the coach.

Progression ==> coach calls out 2 numbers (creating 2v2)

Progression 2 ==> coach calls out 3 numbers (creating 3v3)