



Drill Name: 1 v 1 Stand Off

Set up :

10 x 25 yard grid with flags to create mini goals at each end.
Four players per grid, two acting as goalkeepers, two as field players.
Repeat set-up to accommodate entire team.

Instructions:

Players compete in a 1 v 1 battle for possession of the ball. The goalkeeper of the player in possession can come out of the goal to support his teammate. Goalkeepers cannot score. After 2-3 minutes rotate the players so that the goalkeepers get a chance to act as field players.

Progressions:

Goalkeepers can score on a first time shot.

Coaching Points:

- Shoot early and often.
- Encourage attacker to take chances in 1 v 1 situations close to goal.
- Changes of speed and direction to beat defender.