



# 1v1 TO GOAL GAME

## THE GAME:

- 1 v 1 to Goal

## AGE LEVEL:

All

## STAGE:

Small-sided activity.

## EQUIPMENT

- Extra balls
- Training bibs
- Goals

## OBJECTIVE:

### PRINCIPLES OF ATTACK:

- The attacking player attacks the defender with speed and control. The quicker the attacking player confronts the defender, the more reactive the defender becomes and the less opportunity the defender has to assume proper positioning.
- It is important that the player with the ball create multiple options for himself. By attacking the defender's central position, the attacking player has created space on his left and on his right.

### PRINCIPLES OF DEFENSE:

- The defending player's movements should act to slow down the attacking player and to push the player in the least dangerous direction (away from goal).
- By slowing the attacking player, the defender will neutralize one of the most effective attacking tools and allow time for other defending players to recover.
- The defending player should maintain balance (not flat-footed or with both shoulders flat across the field) so that they can easily change directions/speed in a controlled manner.

