



Grid Work 1v1

Yellow passes to red. Yellow becomes defender. Red becomes attacker
To score a point attacker must dribble ball under control over the opposite end line
Defender must win ball from attacker and dribble ball under control over opposite line
Play for 4 minutes and then have attackers and defenders change

Coaching Points

Defending- Close ball down quickly . Sideways on.

Be patient

Try to make player go slowly backwards

Try to push player onto weaker foot

Attacking

Play at speed

Use moves to unbalance defender

Explode into space and cut off recovery run