

ONE VS. ONE

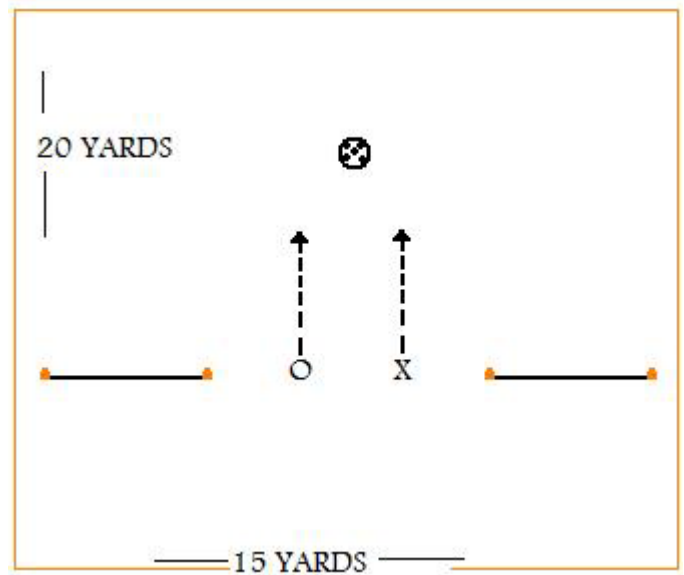
Purpose: This drill will test players skill in ball control, shielding, defensive stance, and stamina.

Age: U9 and up

The playing area is 15 by 20. Two goals (2 yards wide) placed in the middle 5 yards apart. Players start outside the grid. Play starts with ball being placed in middle.

At the whistle the players race to the ball and try and win possession. Players can score on either goal and from both directions. The player with the ball continues to score until they lose possession, then the opponent goes on the attack.

The game goes for 1 minute. The winner stays in and faces next opponent.



Option for competitive training or King of the Hill

You have several grids set up. The winning player advances up a grid the losing player goes down a grid. The goal is to be on the top of the ladder as long as possible. There is no break in between games. You can go for 15 minutes.