

Performance – Continuous 1v1

Objective –

GameFocusResetProgression

1. 1v1 live with at least 2 resting players.
2. 2 x GKs
3. Red player attacks blue player and is trying to score
4. Blue player is trying to win the ball and pass to their team mate.
5. If this happens the new blue player attacks against the old red player who now has to defend.
6. If a goal is scored a new player joins from the attacking team and plays against the same defender.
7. Defender rotates out after 3 attacks (if they have not won the ball)
8. GK is trying to pass to their team

3 minute blocks.

Ball carry detail is very important as is defending body position

Attacking Principles:

1. Play to space
2. Get something at goal

Defending principles

1. Delay
2. YOUR player does not score

New players with new ball

1. Score each team
2. Time to score
3. Limit number of balls

