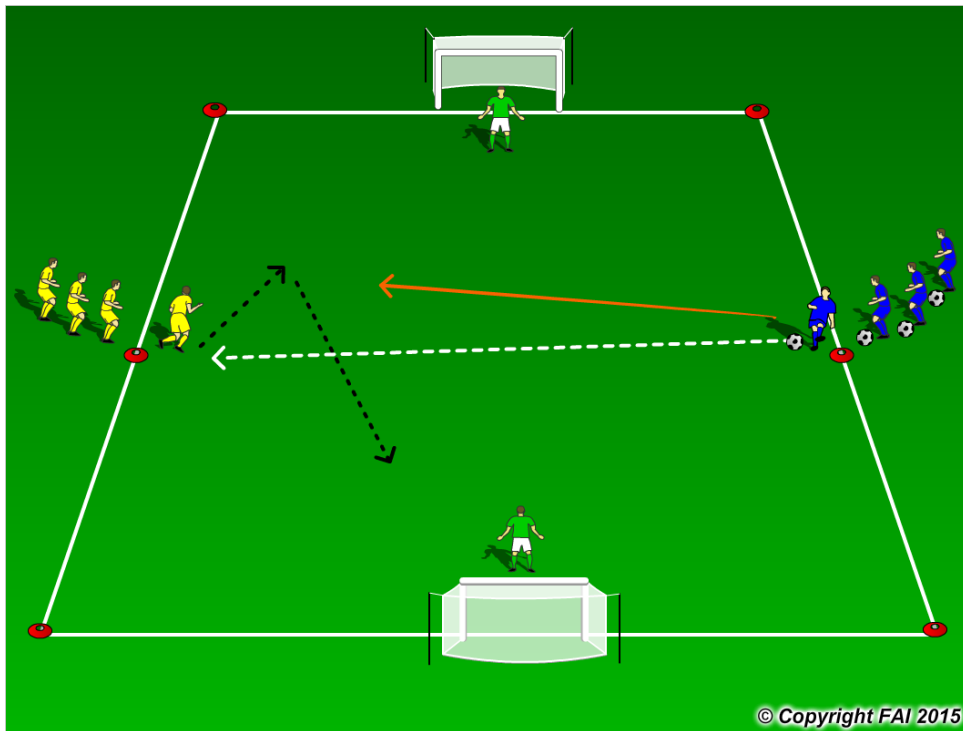


**THEME**

1 v 1 to Goal

**DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)**

A functional practice designed to develop perception, awareness and decision making in 1 v 1 situations

**ORGANISATION**

- Area 25 x 20 metres
- Blue player passes the ball to yellow player and defends, yellow player can score in either goal
- If Blue player or Goalkeeper wins the ball back, they must attack opposite goal to the one yellow was attacking (Transitions)

**KEY FACTORS**

- Positive first touch towards goal (Back Foot)
- Accelerate away from defender
- If defenders recovers, change of direction
- Finishing under pressure – assess distance of defender and goalkeepers position
- If ball is lost quick transition to defend

**NOTES**

Encourage players to be creative, attack at speed. Make sure that players play till goal is scored, i.e. goal is scored or ball goes out of play and are aware of the transitions

