

1 v 1 attacking / defending game

Coach serves footballs from the mid point of the area

Players run to opposing cone & turn to react to the balls position

You can nominate who attacks / defends or just have the first player to the ball be the attacker

Practice can begin with / without goalkeepers

Encourage tricks & skills when on the ball. Praise invention

Condition game as appropriate to achieve desired outcomes

Rotate players regularly & ensure everyone has a go at attacking & defending

Once good attacking principles established bed down defending basics

Defending basics: speed of approach / body position / delay or tackle / attack when ball won etc.

Game can be progressed to 2 v 1 or 2 v 2 accordingly