

“Clash of the Titans”

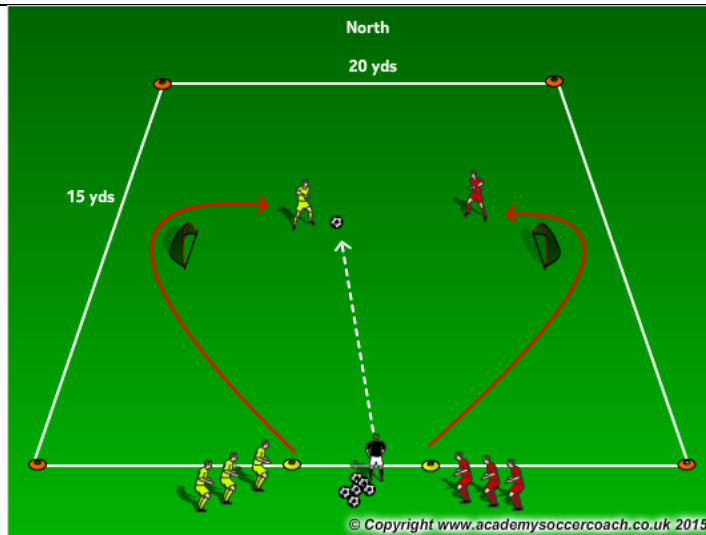
East Central Soccer District Academy
Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To build ball assertiveness, attacking skills and speed

Duration: 10 minutes

The Basics



Organization

20yd x 15yd grid w/ small goals set a few yards inside each endline.

Group broken into 2 teams (no pinnies), each team waiting in a line behind a cone on the sideline.

Coach with a supply of balls.

Activity

At coach’s signal, first player from each team runs around their own goal, coach passes the ball to the first player around, who then tries to score. If opponent wins ball she can also score.

As soon as the ball goes out of bounds or is scored (or the play bogs down) players leave grid and next pairing begins.

Mod
Coach Pts

- Encourage speed, move to ball when passed; don’t wait for it to arrive (check to coach).
- Encourage experimenting with different moves (scissors, Cruyff, feint-cut, pull-back & shield, etc)

- If shots are flying everywhere and seldom scoring, require a ground shot (pass) to score, OR require dribbling right into the goal, OR use cones to create a shooting line that must be crossed before a shot is taken.

Progression

- Vary the balance of attack/defense to encourage creativity; 2 v 1, 2 v 2, 3 v 2, etc.
- Stagger the start of 2nd. 3rd players to create more game-like situations.