



“Diagonal Goals”

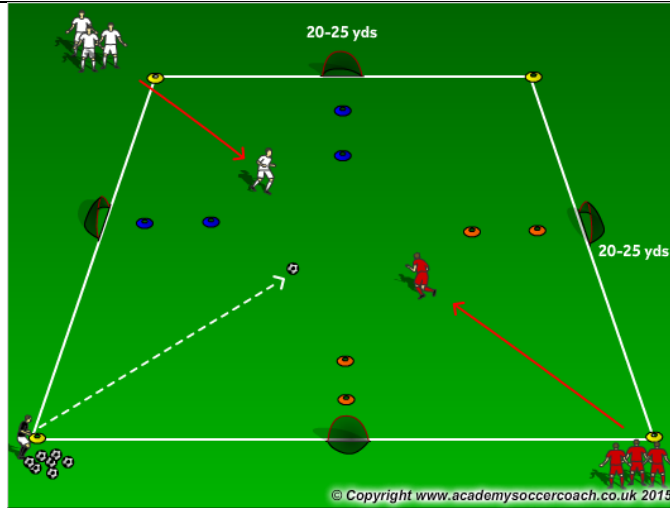
East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To foster decisions making and creativity in 1 v 1 situations

Duration: 10 minutes

The Basics



Organization

Square grid with 20-25 yd sides, cones at corners and small goals midway along each side/end line.

Cone gates in front of each goal.

Group split into two teams (with pinnies).

Coach w/ a supply of balls.

Activity

- Coach serves a ball into the middle of the grid and the first player from each team runs out to challenge for the ball, attack and score in either opposite goal.
- To score, player must first dribble through the cone gate in front of the goal (blue gates for red, orange gates for white).
- Keep score for each version (1v1, 2v2, etc) and recognize winning team in a fun way.

Coach Pts

- In individual attacks, encourage CoD, CoS moves to gain advantage.
- For team play, remind players that **YOU AREN'T OPEN UNLESS YOU'RE MOVING AND OPEN.**
- Encourage players to communicate; both the player with the ball (directing teammates), and those without the ball.
- Encourage players to move to supportive positions for the dribbler.

Mods

- If your group has some advanced players, challenge them by giving them a 1-player disadvantage.
- For additional challenge of advanced players, require a 1-touch score from a pass through the cone gate.
- If players are struggling to score, remove cone gates.

Progression

- After each player has played a few rounds of 1v1, play 2v2; players can dribble or pass through cone gate before scoring.
- Play 3v3, but now each team can score into all four goals.
- Play 4v4, as above.