



# “Get Outta Here!”

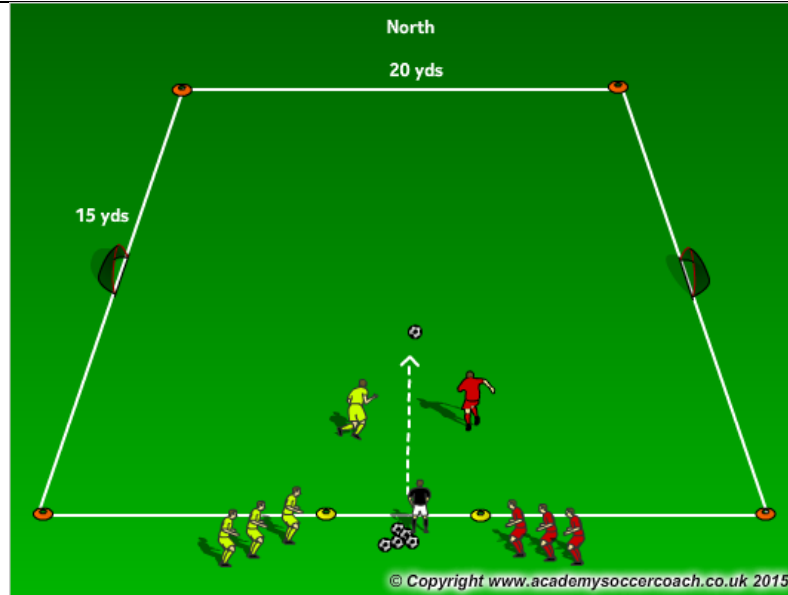
*East Central Soccer District Academy Curriculum*

**Curriculum Topic:** 1 v 1

**Primary Objective:** To build ball assertiveness and attacking skills in a pressure environment

**Duration:** 10 minutes

**The Basics**



**Organization**

20yd x 15yd grid w/ small goals at endlines.

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**

Coach serves ball into the middle of the grid and the 1<sup>st</sup> player for each team runs out to challenge for the ball, attack and score. As soon as the ball goes out of bounds or is scored (or the play bogs down) coach yells “GET OUTTA HERE!” and players exit the far side of the grid and return to their lines. Coach serves the next ball for the next pairing.

Keep track of goals and award the winning team after 4 minutes, have teams switch sides (to encourage using both feet), then play again.

**Coach Pts**

- Serve the ball different distances so players have to be prepared to react differently.
- If players are crashing into each other mid-field, move teams closer together at sideline for start.
- Encourage being first to the ball and immediately executing a move (pull-back and shield, feint-cut, scissors, etc)

**Mods**

- 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.
- If one player is especially strong, send two players out on the opposing team to challenge.

**Progression**

None