

“Sideways Shuffle”

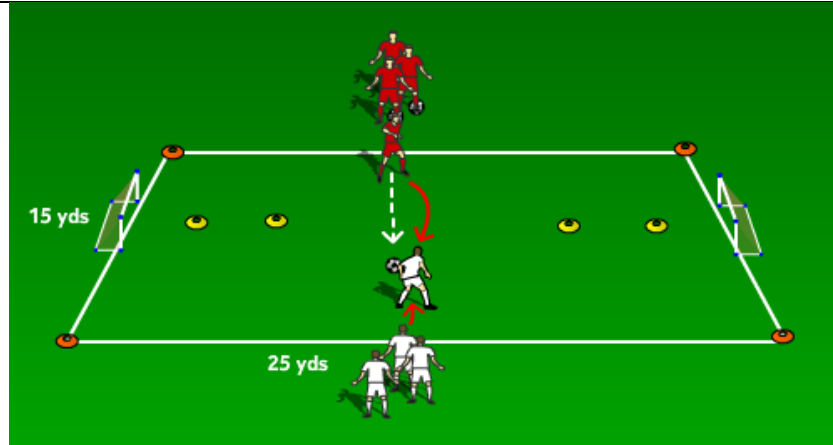
East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To build 1 v 1 attacking skills under game-like pressure w/ non-game parameters to foster creativity.

Duration: 10 minutes

The Basics
Coach Pts
Mod
Progression



Organization

15yd x 25yd grid with 2 small goals or flag/cone goals.

Cone gate about 5 yds in front of each goal, each cone gate about 3-4 yds in size.

Split group into 2 teams (w/ pinnies), red team with a supply of balls.

Activity

At the coach’s signal, 1st red player serves ball to 1st player on white team. White attacks, red defends. Attacker can score in either goal, but must 1st dribble through a cone gate.

If defender steals ball, defender can score in either goal.

Each 1 v 1 is over when ball goes in goal or out of bounds, and next pair starts.

Play for 2-3 minutes, tally score, then switch attacking/defending roles.

- Because defender must defend goals in opposite direction, great opportunity for attackers to experiment with CoD (Change of Direction) moves, and should be encouraged to accelerate after the move to create some separation from defender.
- Encourage attackers to keep ball close, especially when navigating cone gate, w/ the goal close by.

- If players struggle to navigate the cone gate and score, make cone gate bigger.
- If players are scoring easily, make gate smaller, or require attacker scoring into specific goal.

none