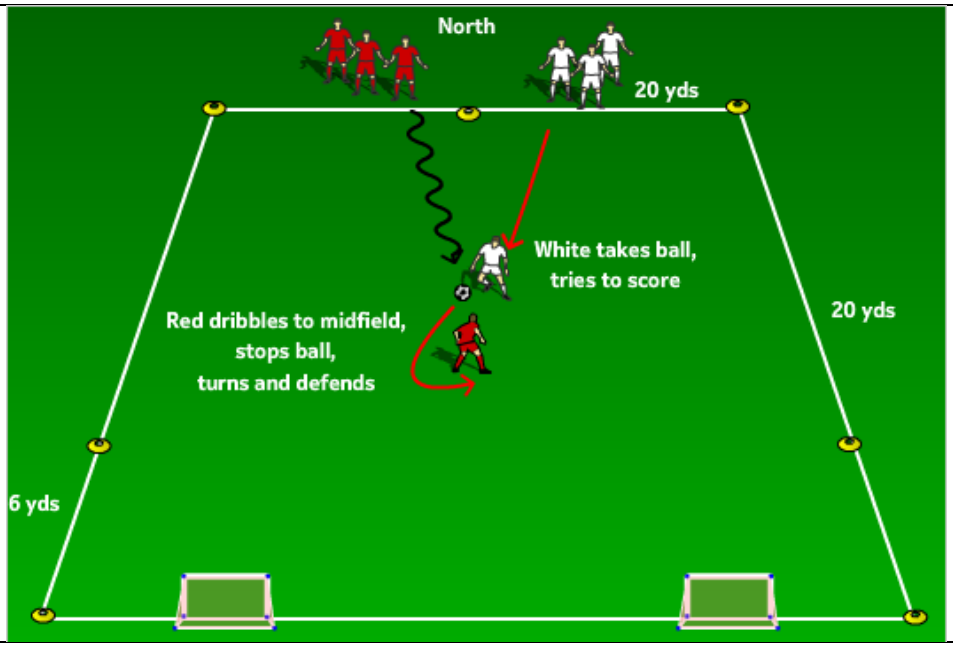
“Turn and Defend”

East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1
Primary Objective: To build 1 v 1 attacking confidence
Duration: 10 minutes

The Basics



Organization
20 yd x 20 yd grid

2 small goals at South endline

6 yd shooting line

A cone at the North endline to separate the teams.

Break group into 2 teams, 1 team with 1 ball for each player.

Activity
At coach’s signal, 1st player with ball (Red team) quickly dribbles to mid-grid, while the coach gives the dribbler a 2-3yd head start before letting the 1st player on the team w/o balls give chase.

Player with ball stops the ball midfield, then turns around to become defender, against the oncoming player from the White team. White attacks, executing CoD, CoS moves, to get past defender and get into shoot zone and take a shot at either goal.

If defender wins ball, she can score.

Play ends when ball is scored or goes out of bounds or play bogs down. Start next pair right away.

Coach Pts

- Encourage attacking player to take over the ball with speed to immediately put defender on her heels.
- Encourage feints just prior to taking over the ball to fool the defender in which way the attacker will go.
- Encourage trying different moves to hone attacking skills (scissors, step-over, feint-cut, Cruyff, pull-back and shield, etc)

Mods

- If attackers are succeeding easily, remove one goal and put remaining goal in the middle of the endline.
- If attackers are still succeeding easily, move the shoot line closer to the goal endline.
- If attackers are struggling, move the shoot line further from the goal endline.

Prog

None.