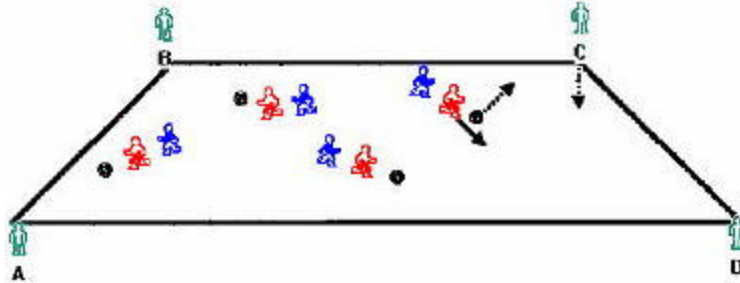


1 v. 1 with Support



The Game

1. Players in the grid play 1 v. 1.
2. Players A, B, C and D are support players, outside the corners, without a ball.
3. Attacking players get a goal when they make a pass to a support player and get the return pass.
4. Whoever has the ball is attacking, whomever doesn't is trying to win the ball.
5. Rotate support players with field players.

Coaching Points:

1. Good dribbling, shielding and passing technique.
2. Make passes to support players when eye contact is made.
3. Play away from your defender.
4. Make sure you are keeping space open to receive the pass back.

Try These Variations:

1. Make support players play with one touch.