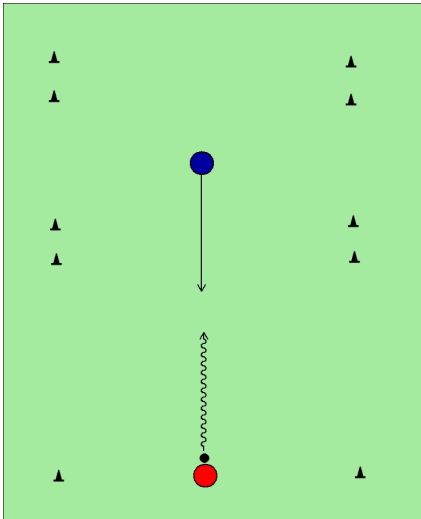




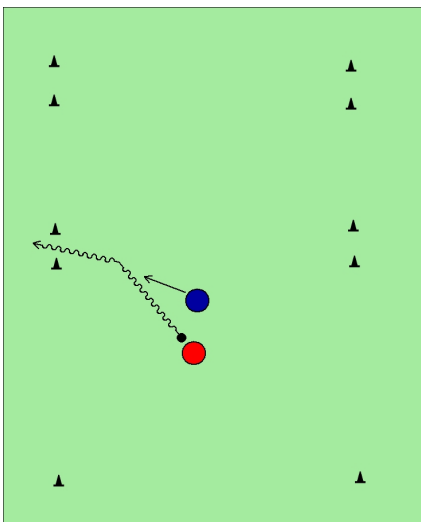
1 v 1 cone gates



How it works

Red player (attacker) runs forward with the ball in an attempt to try and dribble the ball through one of the four cone gates.

Blue player (defender) moves forward to prevent the red player from doing so.

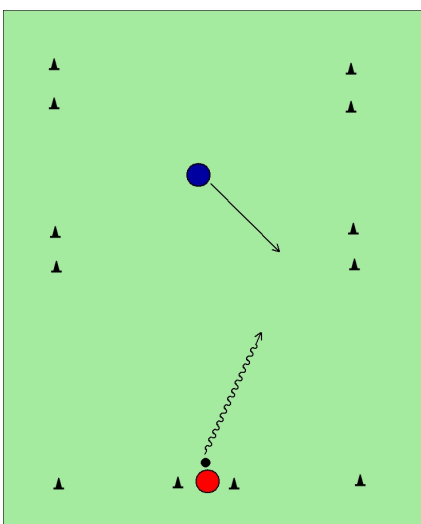


Red player scores 1 point for dribbling the ball through one of the nearer gates and 3 points if they go through one of the further gates.

Blue player tries to win the ball in a tackle or pressure the opponent to make them move away from the gate or lose control. If this happens both players must return to their start positions.

Play five times then swap roles.

Play 2/3 rounds and then change partners, putting players who got the most/least points against each other.



Possible changes

This works in the same way but if the blue player wins the ball they can score 3 points by passing or dribbling the ball through the cone gate at the red players end of the playing area.

Play keeps going until one of the players scores a point(s) or the ball leaves the playing area, in which case players return to their starting positions and begin again.

These drills can also be developed by playing 2 v 1 or 2 v 2.