



1 v 1 to Goal.

SET UP:

An area of 15 by 10.

Goals set at both North & South.

Players start next to their goal to the right of the post.

Each Player has a Football.

PROCESS:

First Player gets a free run to Goal.

After scoring they must touch the post to their right.

This release the opposition to dribble up the field and score.

The original Striker chases to win the ball and score in their goal.

If Blue scores, they touch the post and then chase the next Red.

Progress / Regress:

Set an area that must be crossed before a shot at goal.

Set a gate that must be dribble through.

Second phase starts when player enters the shot area.

Shorten the distance between goals – 15 to 10.

