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Drill Title: Zone 1v1

Age Group: (5-7yrs) (8-11yrs) (12-15yrs) (16-Adult)

Number of Players: 4+

Difficulty: Medium

Time: 10-15 min.

Emphasis: dribbling, defending

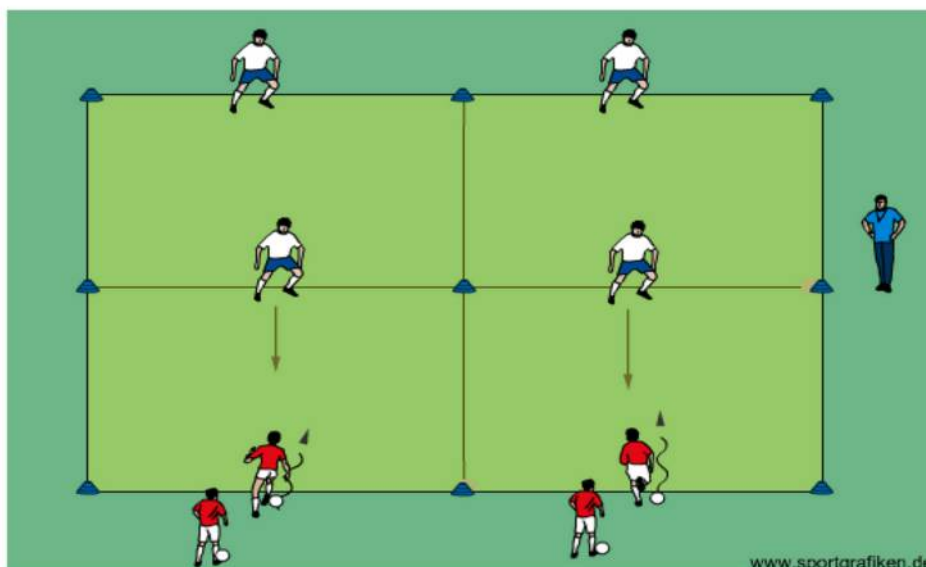
Field Preparation:

4-6 players max per station

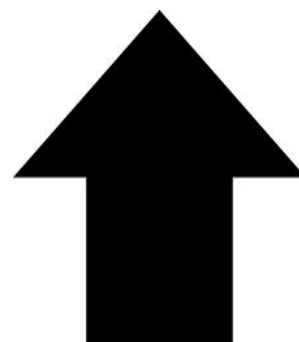
each attacker with a ball

cones to mark off area

repeat setup to accommodate the entire team



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Description:

defenders must stay in their designated zones

defenders can enter their zone and attack the ball as soon as the attacker dribbles inside

attacker replaces the second defender who takes the first defender's position

next first defender becomes the attacker

Variation:

add a third zone/defender

one defender is passive, other defender is active

all defenders are passive

all defenders are active

adjust spacing depending on the age and ability of the group if necessary

Coaching Points:

Attacking:

deception

set up defender

change of speed & direction

protect the ball

vision

close control

Defending:

closing down

angle and speed of approach

body shape, balance, and foot positioning

timing and decision to tackle



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