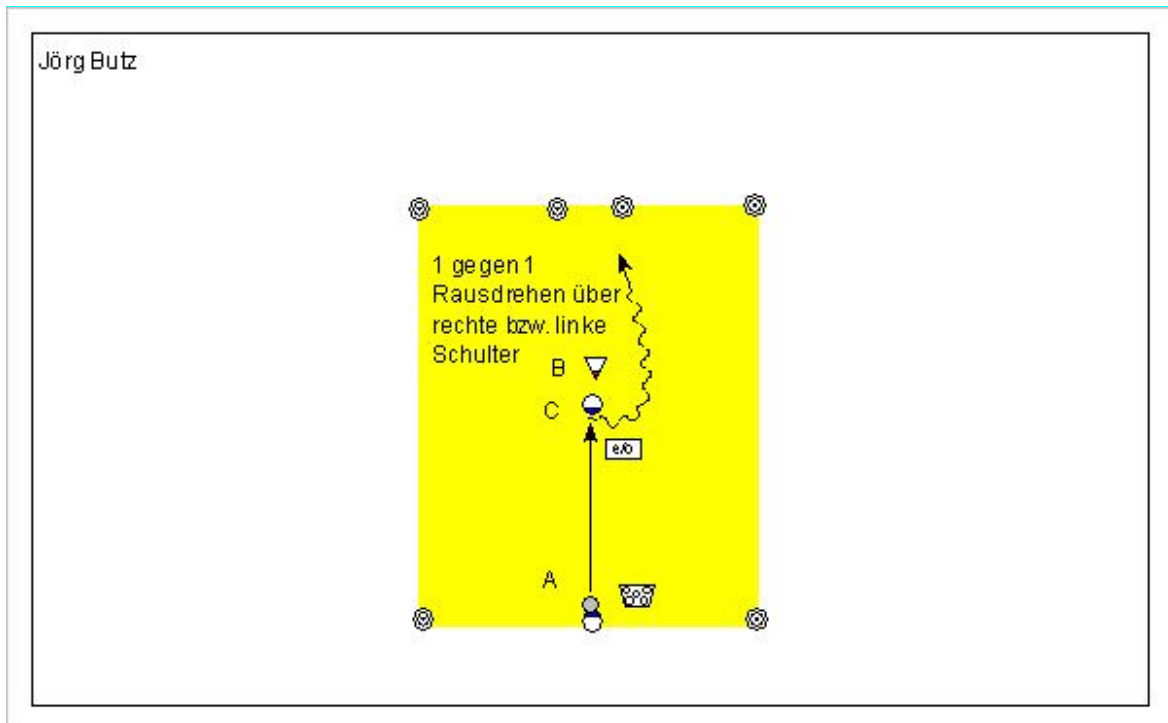


Tactical training Awareness and moves



1 against 1

Organisation

Always 3 players with 1 mini-goal and a number of balls.

Player B defends a few metres in front of the goal. C stands just in front of him.

A stands opposite C, about 10 metres away. A plays the ball to C who should collect the ball and try to beat B to score.

If the defender wins the ball he should try to pass it back to A.

Players should rotate to ensure they all have played all positions.

In the diagram:

1 against 1
turning over the right
(and left) shoulders