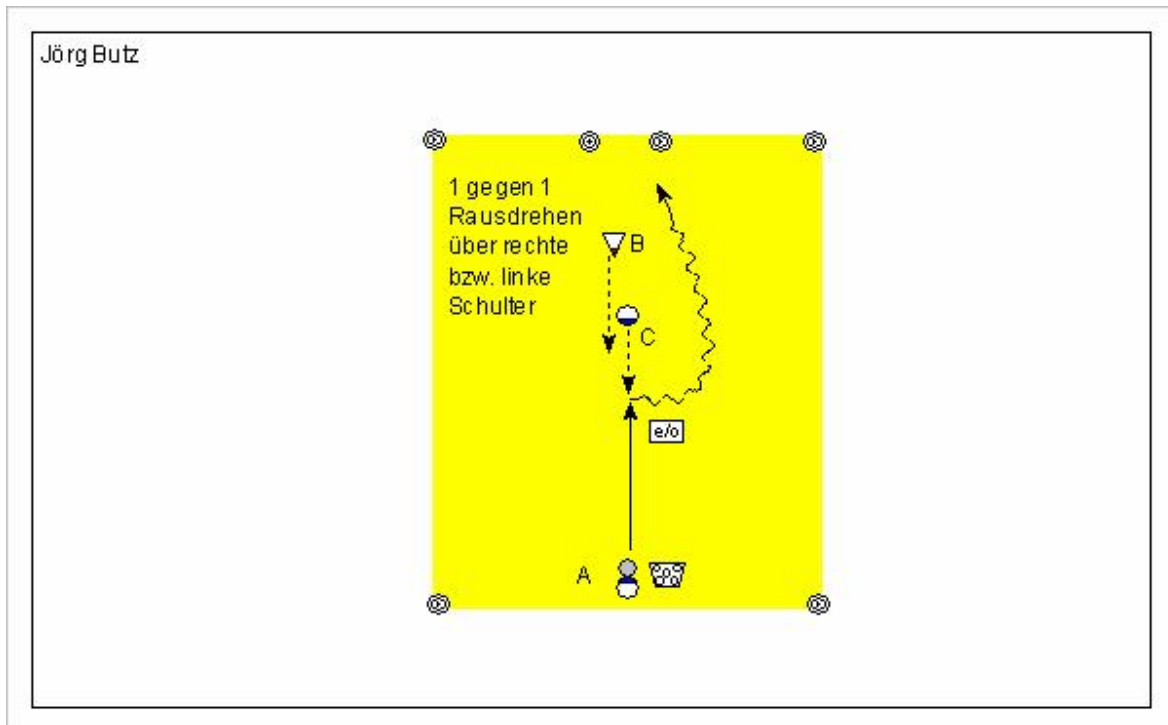


Tactical training Awareness and moves



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 a few metres in front of him. A stands opposite C about 10 metres away. A plays the ball to C. C collects the ball and tries to score beating B in a 1 on 1 situation. B should put C under pressure as C receives the ball.

If B wins the ball he should try to pass it 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