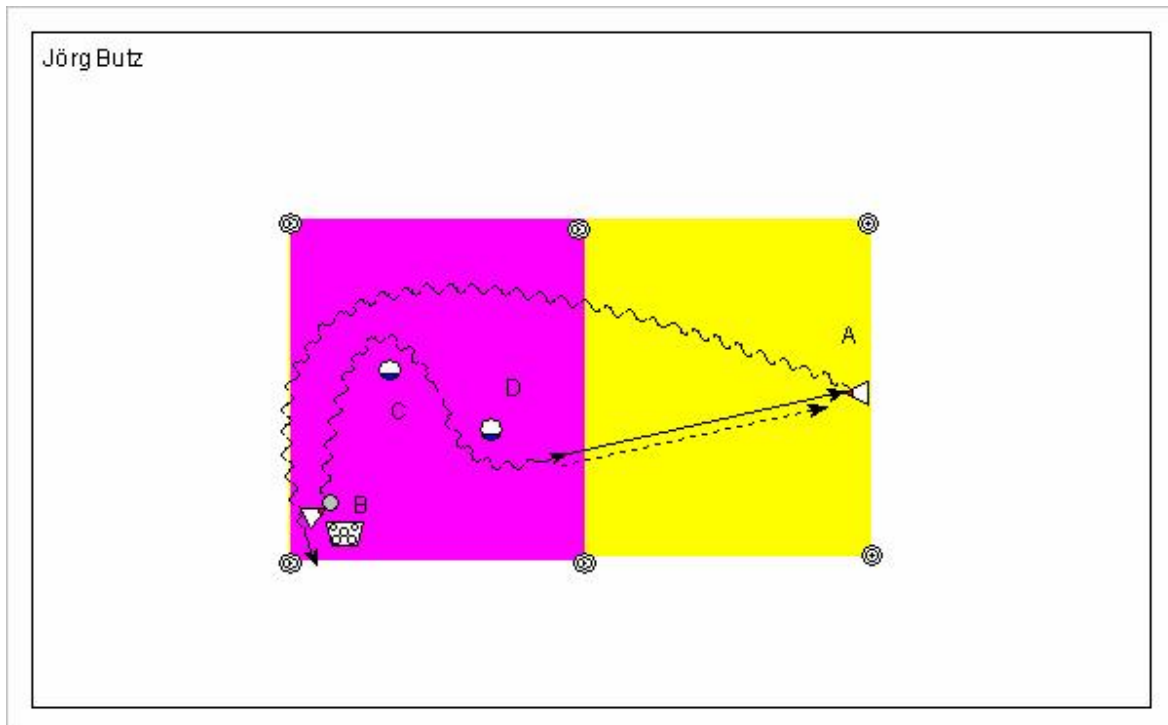


Tactical training Awareness and moves



1 against 1

Organisation

4 players, 1 ball, 1 defined playing area (pink), 1 cone

A stands near a cone which is a few metres from the pitch

The 3 other players are in the pink area. Player B should dribble past players C and D and pass the ball to A.

He follows his ball and swaps positions with A.

Defenders C and D should only attack once.

When a defender gets the ball he should first dribble past the other two before passing to A.