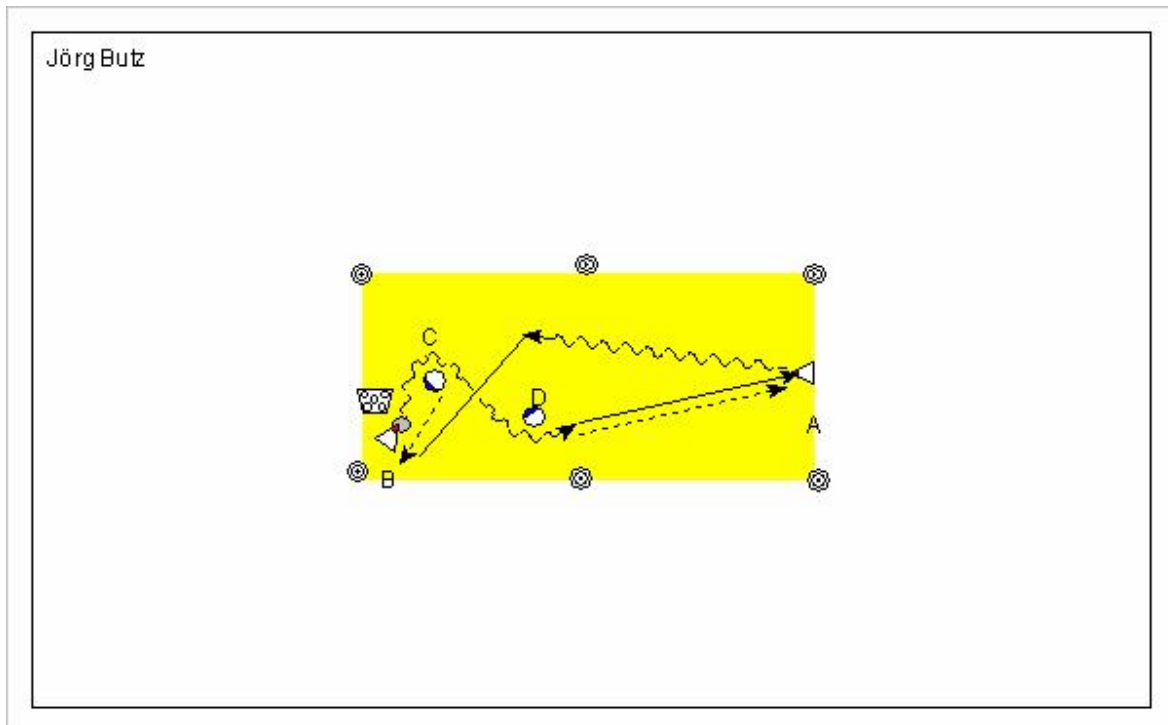


Tactical training Awareness and moves



1 against 1

Organisation

4 players, 1 ball, 1 defined playing area, 1 cone

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

The 3 other players are in the playing area. Player B should dribble past players C and D and pass to A. C and D should offer partial resistance.

B follows his ball and swaps positions with A. C and D also move up a position.

A collects the ball and passes to C. The exercise then begins again with C trying to beat D and A in 1 on 1's.