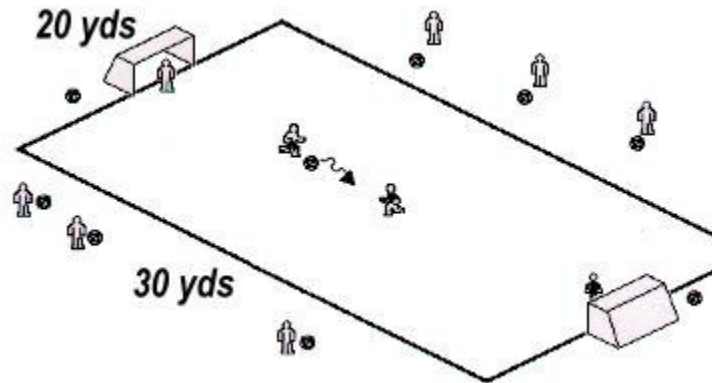


1 v. 1 Wars



The Game

1. Players play 1 v. 1 for 60 - 90 seconds.
2. Goalkeepers are in full sized goals.
3. If the ball goes out of bounds support player puts a ball into play immediately.

Coaching Points

1. Individual attacking and defending.
2. Dribbling.
3. Goalkeeping: Distribution. Coordination with defender.