

Warm Up Activity - #19 / 1v1 Continuous

Start Game – 15 Minutes

Organisation/ Explanation

- Playing Area: 20m x 20m.
- One player starts in the middle zone and has a choice of which defender to attack.
- The player must dribble into the area and attempt to score.
- If the player is successful, they return to the middle zone, collect a ball and attack another defender.
- If the defender wins the ball, the defender runs into the middle zone and becomes the attacker.
- The practice is continuous and can be played with more additional players starting in the middle for increased intensity.

Coaching Remarks

- Encourage players to react and sprint.
- Encourage players to be decisive.
- Encourage players to be creative to beat the defender.

Diagram

