

4-Point 1 v 1's Drill

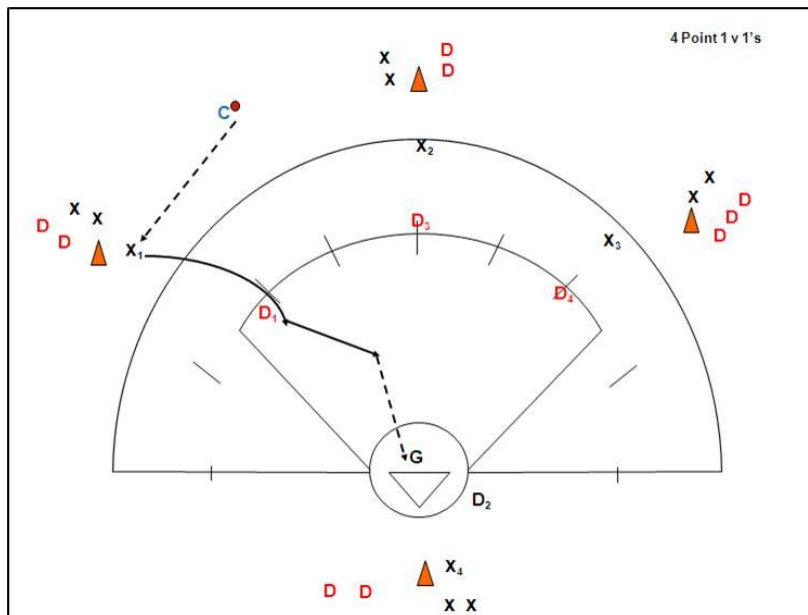
Drill Specs	Drill Theme: 1 v 1	Drill Style: Skills	Field Location: Attack Zone
	Field Position: Offense, Defense	Time Needed: 10 Min	Skill Level: Basic

Objective This drill is excellent for teaching players 1 v 1 tactics and skills on both offense and defense. The objective is to either beat your player to the hole for a shot, or to defend in proper form and cause a turnover or a low angle shot.

Drill Description Set up 4 cones around the 12 meter, one at X (behind the cage) and one at the top or Point. Then have 2 other cones out wide. Have a line of both offense and defense at each cone. The offensive player will be going 1 on 1 with the defender.

The coach starts each 1 on 1 by throwing the ball to the offensive player at each line, you may also roll the ball to start with a ground ball. The player will gather the ball and go to goal, taking the defender 1 on 1. The coach should give each 1 on 1 4 -5 second to develop into a shot or take away, after that a double whistle should blow and end the 1 on 1.

After each 1 on 1, the coach will throw to another line and start that line. Have the players on offense rotate clockwise and the defense rotate counterclockwise, so that you get a different mix of players going 1 on 1 each time.



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4-Point 1 v 1's Drill, Continued

Skills Practiced

- Dodging
 - Cradling
 - Defense Positioning
 - 1 v 1
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Variation

Vary the locations where the 1 on 1 will start. You may also have the goalie clear out each save, or even clear each goal to a breaking defender. This can work on a re-break situation.
