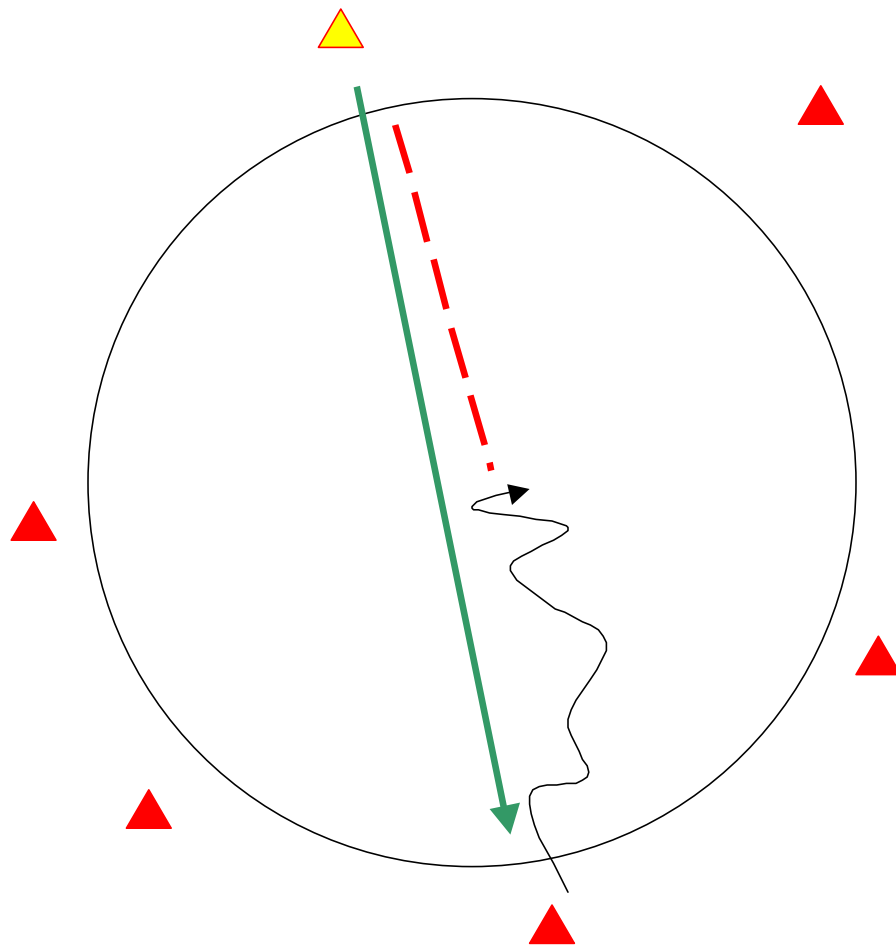


1 v 1 in a Circle

Here is another 1 v 1 drill that you can do in the same circle format that we worked in the speed of play section. Make a circle of 15 to 20 yards diameter, or suitable to the skills of your team. The first player drives the ball across the circle to a teammate and then moves to the **middle**, not beyond, to defend. The player receiving the ball plays 1 v 1 for a specified period of time.

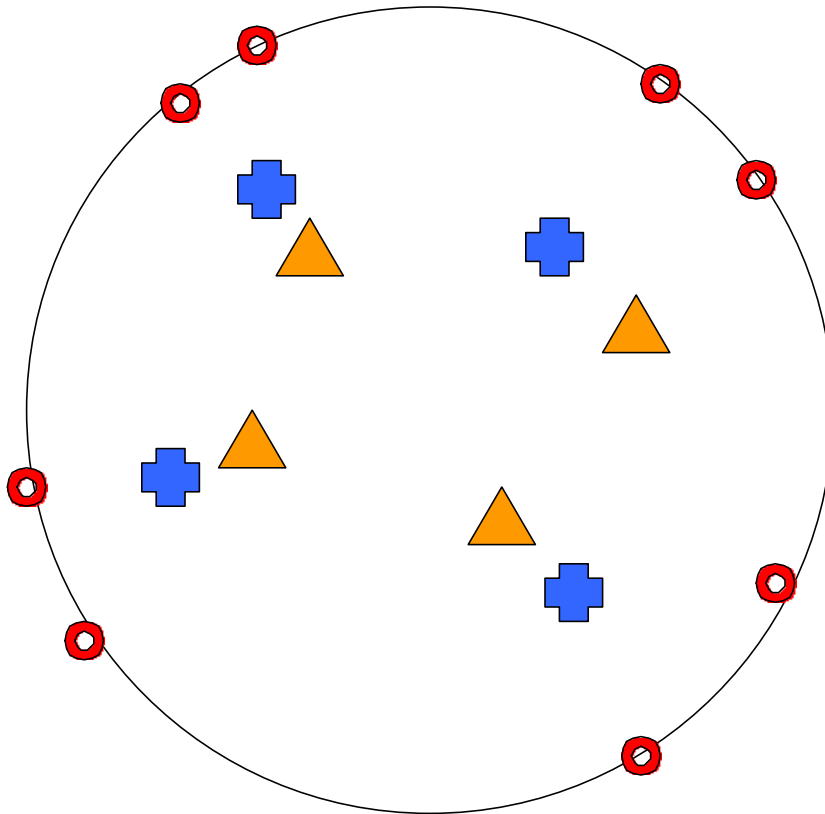


Progression Of 1 V 1 In A Circle

- Player in possession of the ball can pass and receive from any teammate on the circles edge
- Player with the ball can shield and play ball back and forth with outside players

- Player receiving can drive to the center then pull ball back in a vee, cut the ball back with the inside of the foot or the outside and lay it off to a player on the rim of the circle

Progression #2 1 v 1 in a Circle



Set up 4 goals on the outside of the circle.

- Play 4 1 v 1 games within the circle
- Goal is scored by dribbling the ball under control, through a goal.

Once outside player gives ball over to opponent and re-starts play