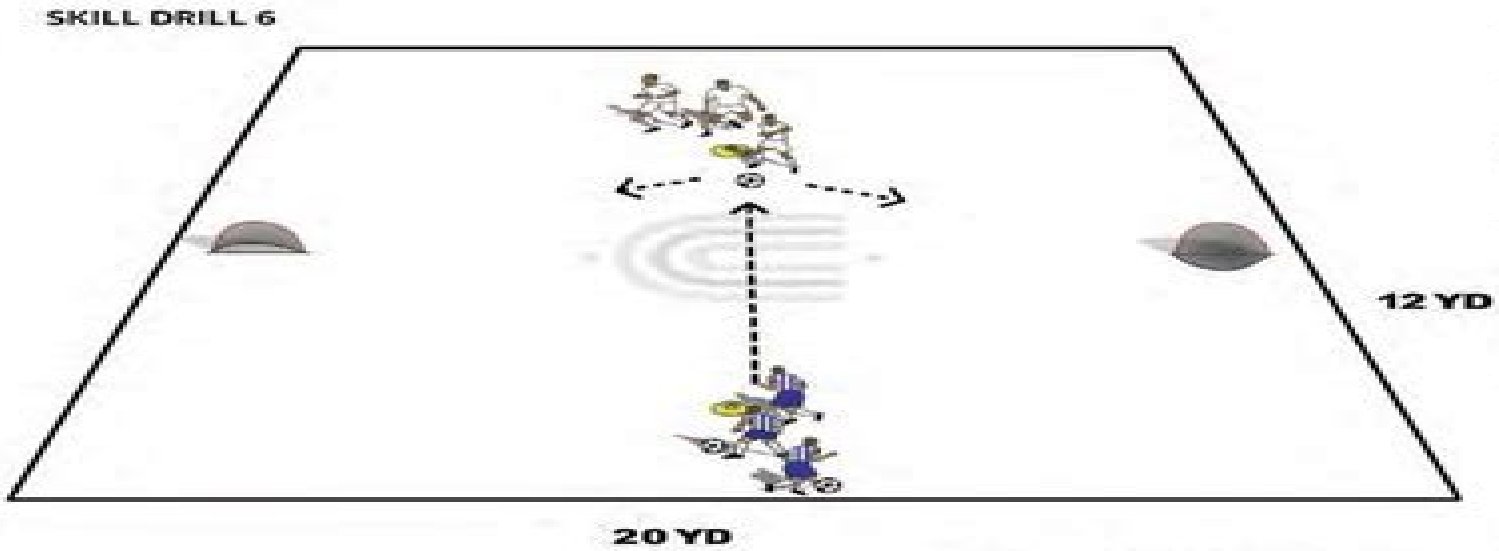
SPEED, MOVES, 1v1, PASSING AND RECEIVING

MAKE YOUR MOVE 1.6



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PURPOSE

To improve receiving, first touch and 1v1 moves with full pressure defending.

AGES

6-17 years

SETUP

Two teams face each other 12 yards apart. Two small goals are facing each other 20 yards apart.

ACTION

Defender begins play with a pass accross the area. Attacker receives and uses speed and skill. Attackers can only score within 4-5 yards of the goal. Defenders can score if they win the ball.

VARIATION

Coaches can vary the space between the teams as well as the goals to suit the team's needs. Coaches can progress to 2v2, 2v1.

PLAYER TIP

The first touch to receive is crucial to get away from pressure. If you can get to the goal with speed, do so. Use Change of Direction moves , stops and starts and feints . Focus on using speed and less touches to get away from the defender. Use a push pass to score.

COACHES TIP

Demand high pressure from both teams. Encourage recovery from defenders. Enhance the player's enjoyment of defending and winning the ball.

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Coerver Coaching Manual

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