



Date:	Week:
Topic: 1v1 Four Goals	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



Set Up: Create two teams and place teams on either side of the grid. Coach feeds balls, players play 1v1 to try and score in either of opposing teams two goals.

Progress to: 2v1, 2v2

Web Link for video:

Coaching Points/ Questions

Technical:

How can you trick your opponent?

Tactical:

How can you stop your opponent?

Psychosocial:

Physical:

To Adjust Difficulty:

Adjust size of goals

Create good match ups

Notes: