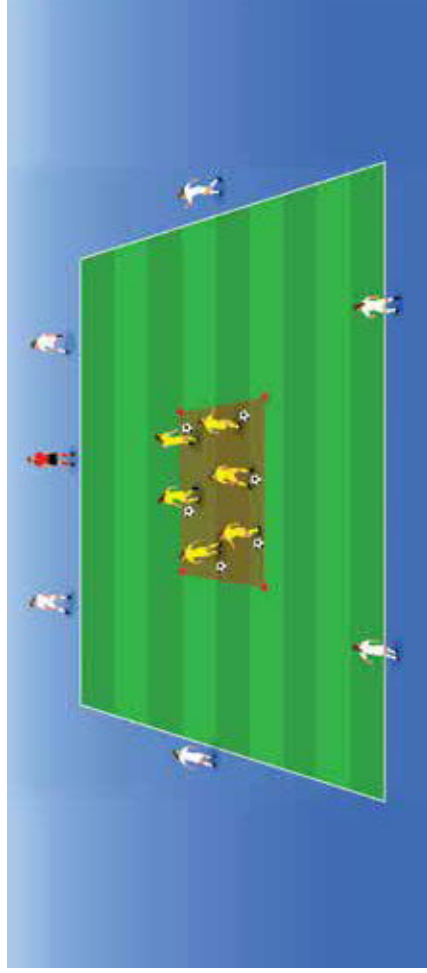
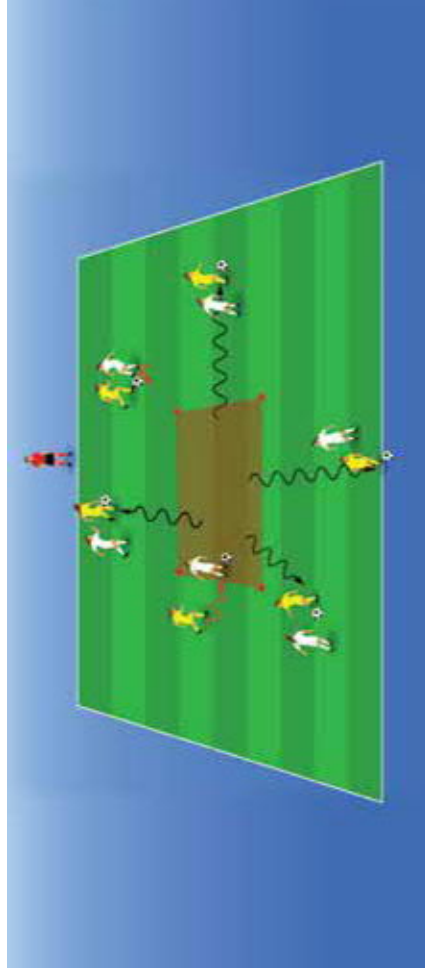


Functional Activity: 'The Battle'Beat defender | **Win duel**

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Suggested equipment list:

- 20 cones, 12 balls, 2 sets of bibs, 4 portable goals or 8 portable poles

Grid size:

- 20 x 20 metre grid (guide only)
- Create a small square in the middle

Explanation:

- Divide players into two teams, one team inside the middle (red) square and the other team outside the big square
- Each yellow player in the middle square has a ball (refer to top picture)
- On the coach's command (e.g. "GO" or whistle), the yellow players in the middle dribble with the aim to reach any line of the big square
- White players aim to stop the yellow players from reaching any line

Scoring system:

- 1 point for yellow player for reaching any line of big square
- 2 points for white player if they win the ball and dribble into middle square
- Instruct players to keep their own score

Rotation/Variation: *C.H.A.N.G.E.I.T. (refer to page 56)*

- Swap role of teams after five attempts (guide only)

Key Coaching Points:

- Encourage players to engage in 1v1 duels
- Praise attempts to beat a defender
- Encourage players to work hard to win the ball back when they lose it