



1v1 to Targets / Supports

Purposes: Dribbling, Passing, Receiving / Creating Space / Defending

Organization: Field 20 x 15 yds * Target / Support players move along goal line * Score by passing the ball to the opposite target player * Rotate players every 4-5 goals * Target player also serves as a support player for his/her active teammate * Corner kicks (not taken) are worth half a goal * No sideline restarts - support player restarts the game.



Tom Turner, April 2009