



Physical Distance Training – 1v1 Flying Changes

Organization:

Set-up a 15-yard-wide by 22-yard-long box with a 2-yard buffer zone in the middle. 4 goals are placed in the corners of the field.

How to play:

Players play 1v1 to 2 small goals and cannot go out of their zone. If the ball goes out on your half or your opponent scores on you, a new player from your team comes on with a ball and you go to the open cone with your ball.

Why:

Develop ability to beat opponent with the dribble to pass or shoot. Accuracy of pass or shot over a distance.

Variations:

Create zones inside each half with a 2-yard buffer zone between them and play 2v1 or 2v2.

First team to 10 wins.

Hot day or building fitness, put 4 or 5 players on each side.

Bonus points for players using a move to beat defender.

Coaching Points:

Change speed, change direction, creativity, body mechanics

Ask players to identify what they are looking for as a cue from the defender of when to beat them.

Celebrate creativity and the use of different moves. Have players demo moves they know to the team.