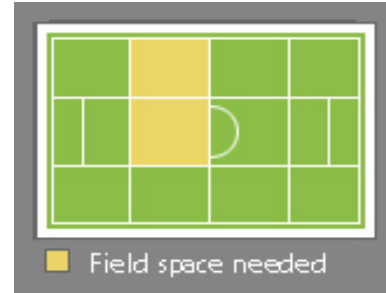


### Materials Needed



Area 30 x 20 yds

- Several balls
- Cones
- Training vests
- Small Goals

## Attacking Moves - 1 v 1 (Attacking, Possession)

### Description:

3-4 players at each end of the field. First player in each line play 1v1 - defender plays ball to the attacker and attacker performs a take-on move. If backed up, attacker creates space with an escape-move.

### Coaching Points

- Approach defender at comfortable speed
- Sell the defender with take on move
- Create space using escape move

### Progressions:

This activity is a progression from take on and escape moves. Like all practices, the skills need to be performed realistically - fakes have to be good to fool the defender and then accelerate away. Coach player to be clinical - once the attacker has beaten the defender go to goal and score - don't allow defender to recover. Progress to the 'game with gates' or small sided game.