



## Navy 1v1

**Appropriate Age Group:** 13-18

**Skill(s) Practiced:** Defensive Approach, Dodging

**Drill Duration:** 5-10 minutes

**Resources:** Balls, Cones

**Description:** Player O1 rolls ball to his teammate. While the ball is on its way, D sprints toward the goal and around the cone to position himself to not get beat topside.

**Progression(s):** Alternate which side of the goal is being attacked. Vary the location of where the passes are delivered to start the drill. Add a crease attack and/or defender to make it a 2v2.

**Drill Diagram(s):**

