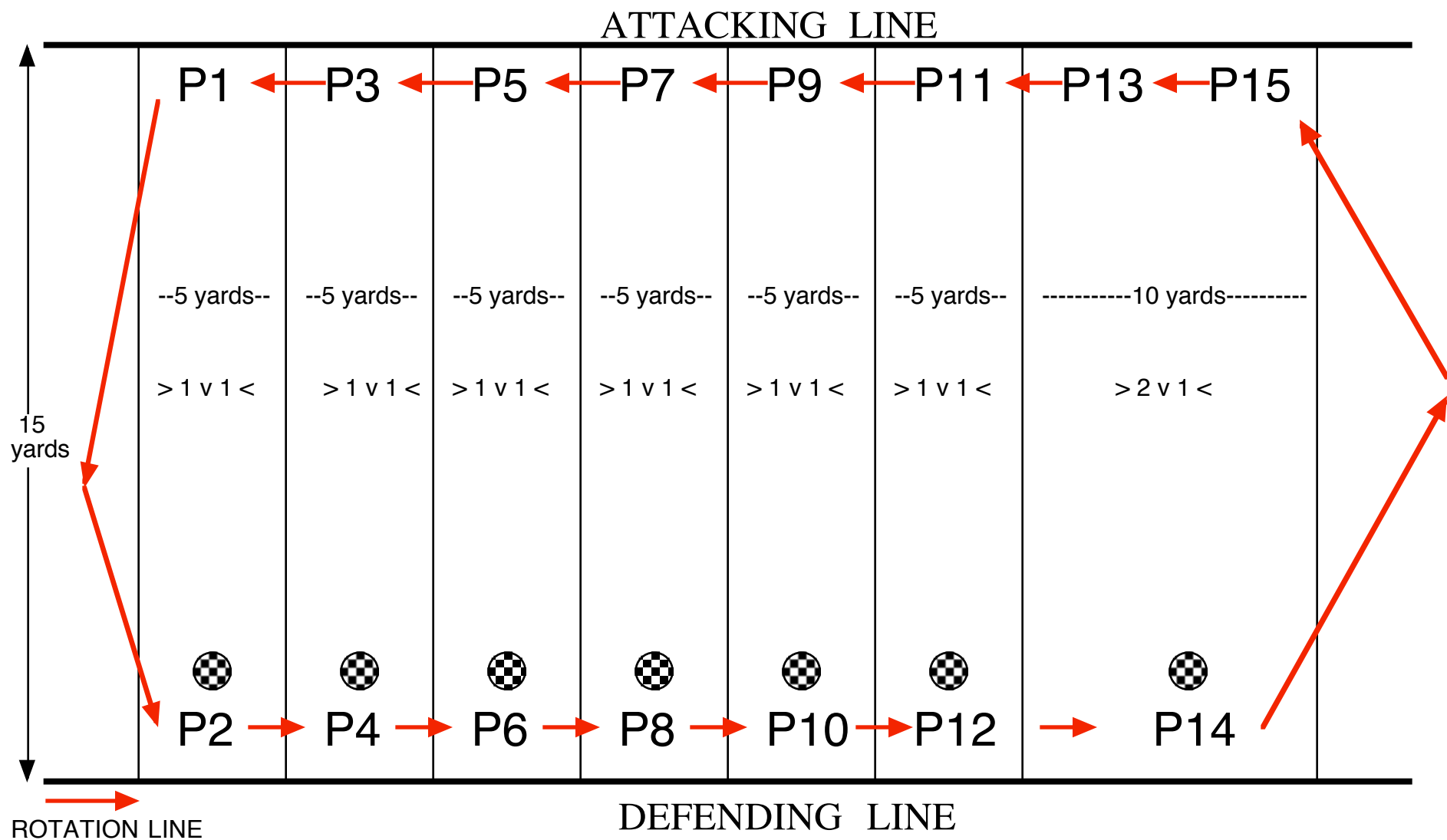


"Attacking & Defending in a 1v1" (progression series)



RUNNING THE DRILL:

Start with 8 players on the "Attacking Line" facing 7 players on the "Defending Line"

Defending players start the drill by passing to the Attacking player who receives and attempts to dribble over the "Defending Line".

PROGRESSION/ROTATION: Players rotate in a counter-clockwise formation

COACHING POINTS: (1) Attacker taking on defender; (2) Defender closing down attacker after pass.