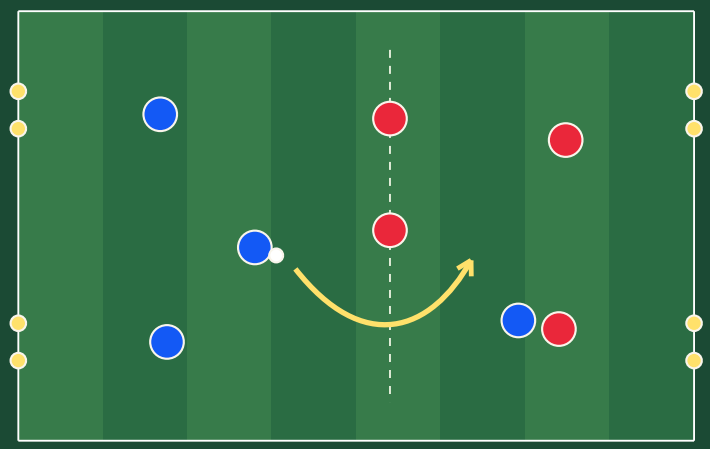
Beat the first player

On the regain: can I go straight away? If it’s shut, can I eliminate my direct opponent and go?

4v4 / 24 × 18 m



BLUE ATTACKS RIGHT →

BEAT THE FIRST PLAYER

Blue wins it. The defender blocks the forward route. Dribble around them and get beyond their line.

Solid arrow: dribble. Dotted line: defenders’ line.

SET UP THE GAME

24 × 18 m · 4v4 · 4 cone gates. Put two gates on each end line and spare balls at halfway. Attack the far pair. Dribble through either gate under control to score.

01	**2v2 warm-up** 0–8 min · 8 min long	Two pitches, one gate at each end. Win it and attack the far gate. Play short games and swap opponents.
02	**4v4, goals only** 8–16 min · 8 min long	Start with normal scoring. Ball out? Pass in. After a goal, the other team restarts from its end.
03	**Add the 1v1 point** 16–30 min · 14 min long	**Goal = 1.** Add **1 point** each time a player beats a defender and dribbles beyond the line under control. Play on.
04	**Remove the bonus** 30–45 min · 15 min long	Goals only again. Watch five regains without prompting. Do they still take the defender on when it’s there?
05	**Ask the players** 45–50 min · 5 min long	Pick one good decision, even if it didn’t come off. Ask what made it the right choice.

IF YOUR NUMBERS CHANGE

8 players: 4v4, 24 × 18 m.
10 players: 5v5, 28 × 20 m.
14 players: Two games of 3v3 + one neutral each. One gate per end if kit is short.
1v1s too crowded? Widen the pitch.

COACH THE QUESTION

“What did you see when you won it?”

When: They keep passing back even when the defender is isolated.
On the restart: See if the player attacks the defender’s side, takes a touch beyond them and gets their head up for the next action.
What good looks like: The player beats the defender and stays on the ball as they dribble beyond them. If a pass is already on, the player can still take it.