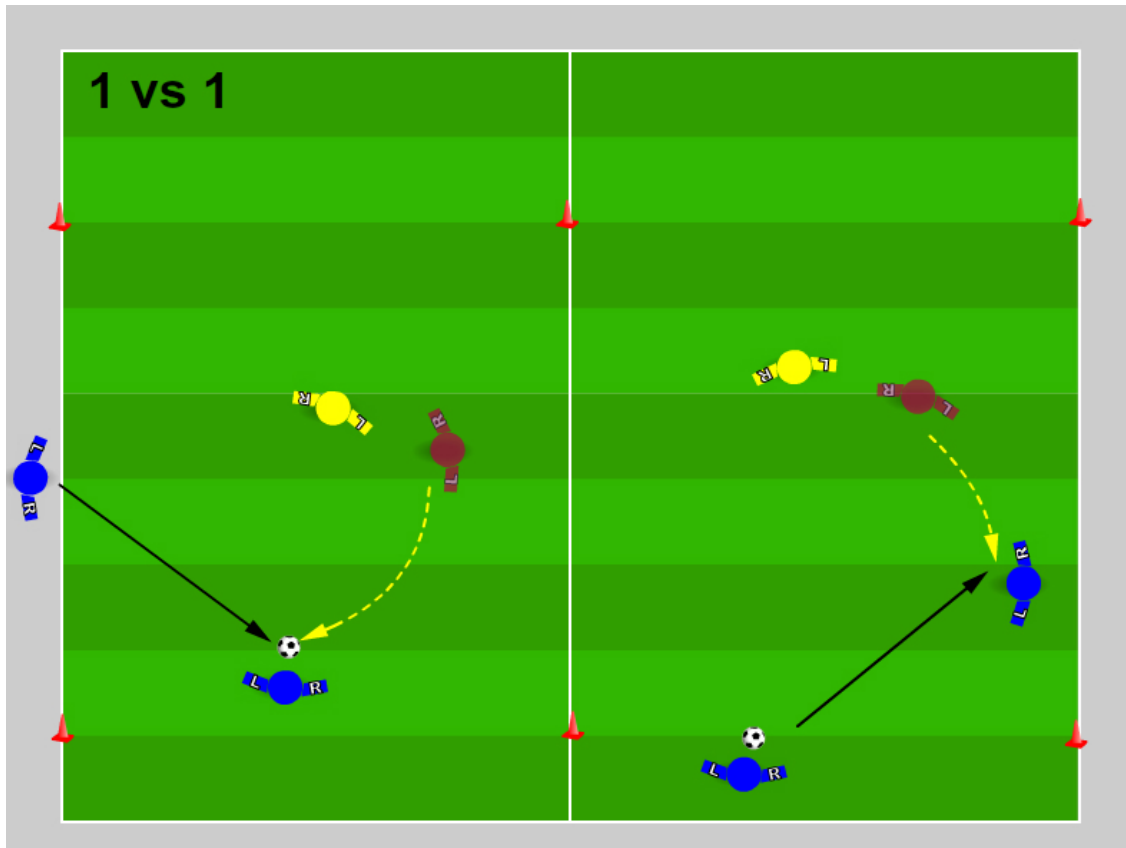




## 1 vs 1 - Peel off to receive the ball



**Date:** 24/Oct/2015

**Measurement:** 10 x 20 Yards

**Time:** 11:00

**Players:** 6

**Duration:** 10

**Level:** U5 - U14

**Objective:** Peel off your opponent to create enough space to receive a pass and take your opponent on

**Description:** The field is about 10-12 yards wide and 15-16 yards long. It is 1vs1 exercise to get started. The blue player on the field has to work to get open to receive the pass. Once he has created enough space to receive the pass, the server can play him the ball. The attacker receiving the ball faces forwards so he can attack the defender. To start out the defender is not allowed to defend till the attacker received the pass. The server can start on the touch or backline.

**Coaching Points:**

- 1 - Peel off in an area of the field where you can receive the pass
- 2 - Try to peel off the weakside shoulder of your opponent. He can't keep an eye on both the ball and the player at the same time.
- 3 - Control the ball sideways on so you are facing forwards
- 4 - The timing of the run is very important.

**Progression:** 2 vs 1