



# National Soccer Coaches Association of America



## PRACTICE #31 | FIRST TO THE BALL AND 1V1 PLAY/TACKLING

WARM-UP: TACKLING | - LINE UP PLAYERS IN PAIRS W/ CONES 5 YDS APART.

CP: BLOCK TACKLING

- FOKE TACKLING
- BODY & SHOULDER POSITION



A WITH BALL GOES 1V1

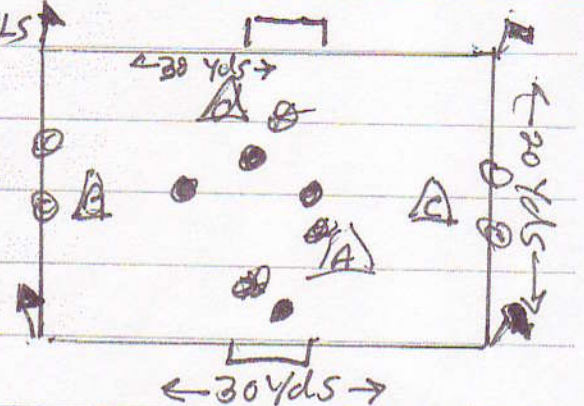
- AGAINST B TO OPPOSITE CONE
- DYNAMIC STRETCH

## EXERCISE #4 | 4 FLAGS / 4 CONES / 2 GOALS / BALLS

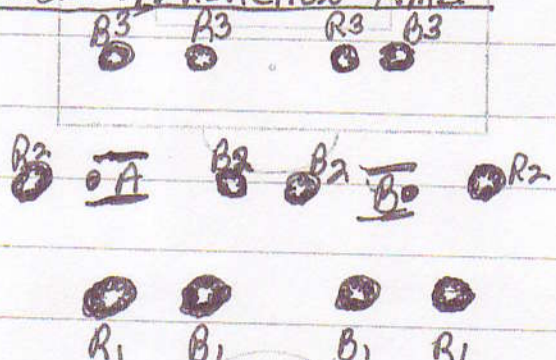
- 4 V 4 OR 4 V 3 DEFENDERS
- PLAYER A DRIBBLES W/ SUPPORT OF B + C

CP: SUPPORT POSITIONS ON B/H/ ATTACKING.

- JOCKEYING & DEFENSIVE COVER POSITIONS
- FEED PLAYER A WHOM ATTACKS OTHER GOAL
- ROTATE ATTACKERS/DEFENDERS & POSITIONS



## EXERCISE #1: REACTION TIME



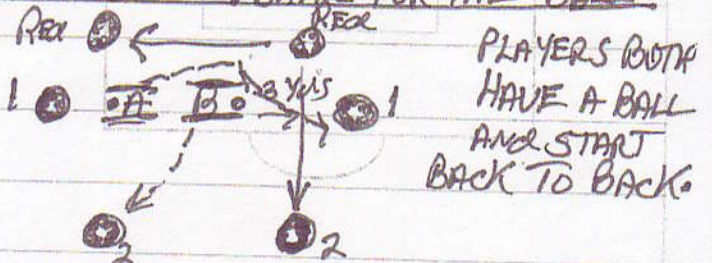
- PLAYERS A AND B ARE ABOUT 1.5 YDS FROM CONES R2 AND B2 AND ABOUT 3 YDS FROM R1/B1 AND R3/B3

- COACH SHOUTS COLOR AND NUMBER
- FIRST TO CONE WINS.
- PLAY TO 5 OR PLAY TO 10.
- COACH CAN ALSO GIVE ADDED INSTRUCTIONS SUCH AS TURN BLUE OR PULL AND TURN RED 3

CP: REACTION TIME & BODY POSITION

PROGRESSION: DOUBLE CONE INSTRUCTION.

## EXERCISE #2: BATTLE FOR THE BALL



PLAYERS BOTH HAVE A BALL AND START BACK TO BACK.

- COACH CALLS A COLOR OR NUMBER CONE. EACH PLAYER DOES THEIR BEST TO DISRUPT THE OTHER PLAYER WHILE REACHING THEIR CONE FIRST. PLAY TO 10

EXERCISE #3: SHOW ME YOUR MOVE  
ATTACKER 1V1 ON DEFENDER. A USES THEIR SPECIAL MOVE TO GO BY DEFENDER

CP: MOVES  
1 TOUCH SHOTS

