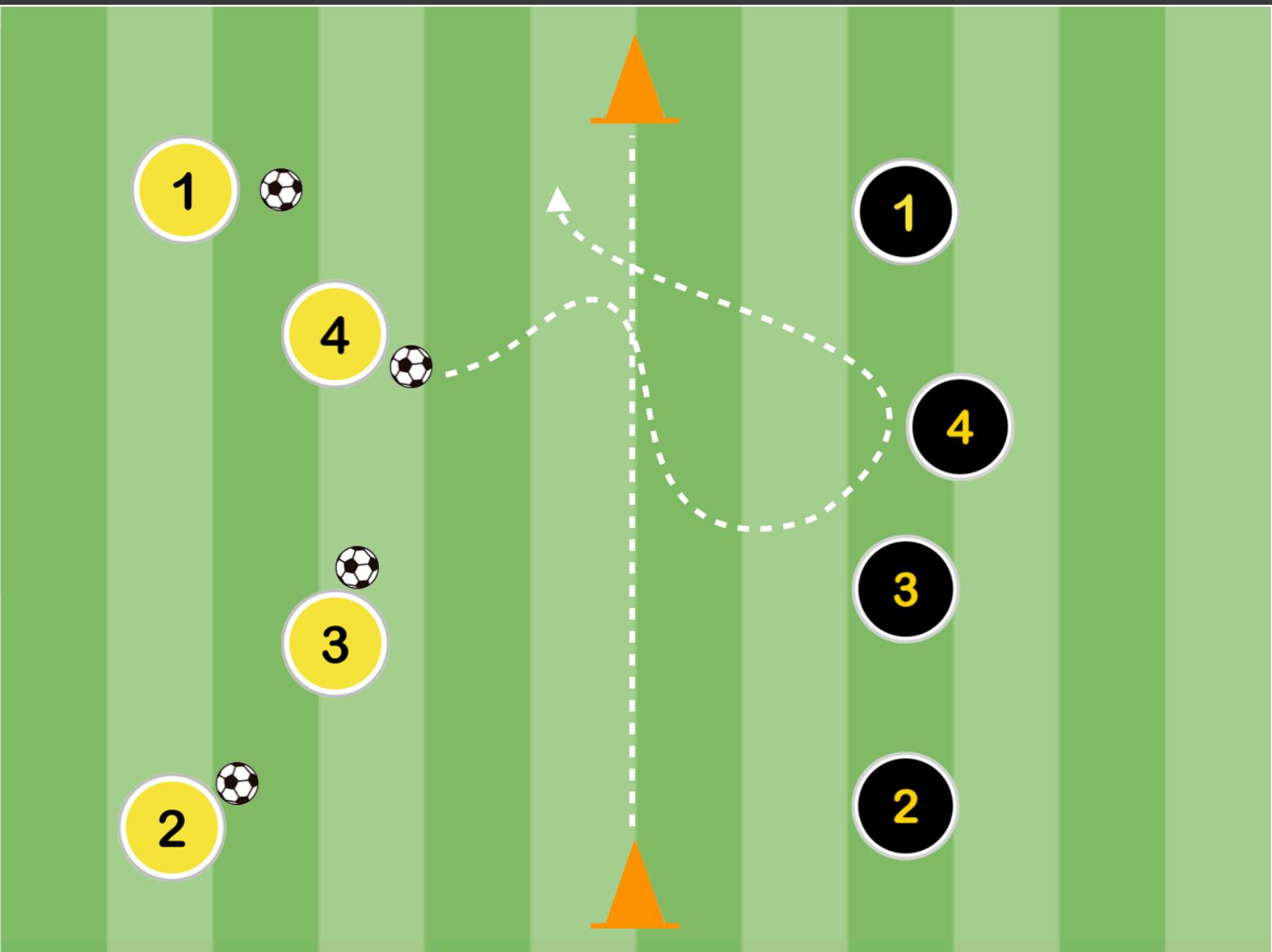


# 1v1 CROSS THE LINE



## 1v1 CROSS THE LINE

This activity is designed to promote lots of changes of direction, shielding the ball and introducing the idea of "Checking The Shoulder"

## SET UP & ACTIVITY

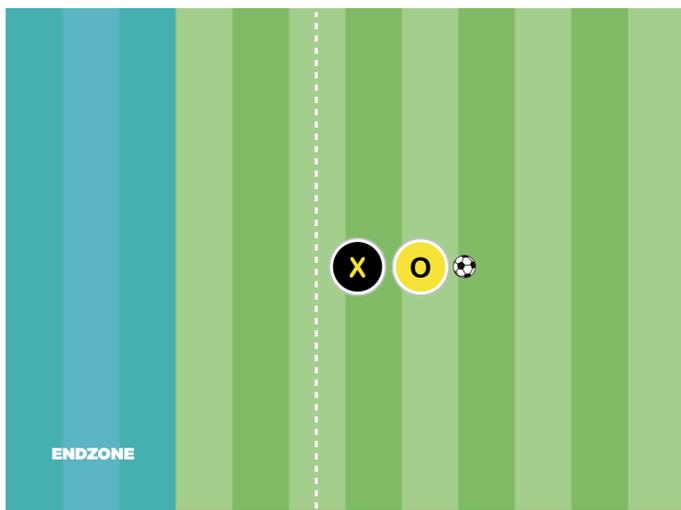
This is one of the most simple set ups for an activity and you can even just use one of the lines on your field. Set up a line that your players will have to cross make the length of the line appropriate for the number of players you have as they will all be playing this activity at the same time.

Make your line longer if you have more players or want to make the activity easier to start and make the line shorter if you have less players or want to make the activity more difficult.

- The objective of the activity is for the player with ball to dribble the ball across the centre line retain the ball and then dribble back across the centre line as many times as they can without their partner stealing the ball from them. Every time the dribble across the centre line they get a point.
- If the partner who is the defender steals the ball they then have possession and they can start scoring points in the same way by dribbling across the centre line.
- Play the game for a set period of time or up to a certain score (first player to 10 points wins)

## COACHING POINTS

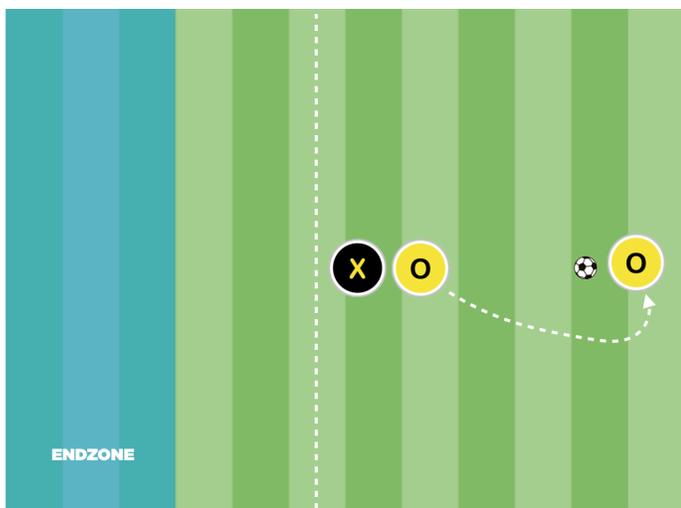
- Shield or hide the ball. Try and recognize which side the defender is pressuring from and then turn/roll into the space and dribble away.
- Show players how to change pace and accelerate away across the line once the player has rolled or turned the defender, this change of pace will make it more difficult for the defender to stop the attacker crossing the line.
- Teach your players how to “Show The Ball” this is where the player with the ball is shielding the ball and will then show the ball on one side to the defender to try and get them to try and take the ball then when the defender goes to take the ball they will roll or turn the other way.
- Teach your players the “Separation Touch and Turn” This is a simple move that we can show players to turn and face the defender in order to then try and beat them and go across the line or to the endzone.



This move is used when the player is shielding the ball with their back facing the direction they want to go. In this scenario the yellow player has the ball and is shielding it from the black defender. The yellow player wants to get the ball to the endzone and is facing the wrong way.



The yellow player with the ball will play the ball into the space away from the defender. Only the Yellow player knows that they are going to do this so there is the element of surprise they have the advantage.



As the yellow player plays the ball into space they will follow the ball quickly to create separation between themselves and the defender. The key is the Yellow player has to use the element of surprise and speed to separate themselves from the defender they will then get the other side of the ball and face the defender.

