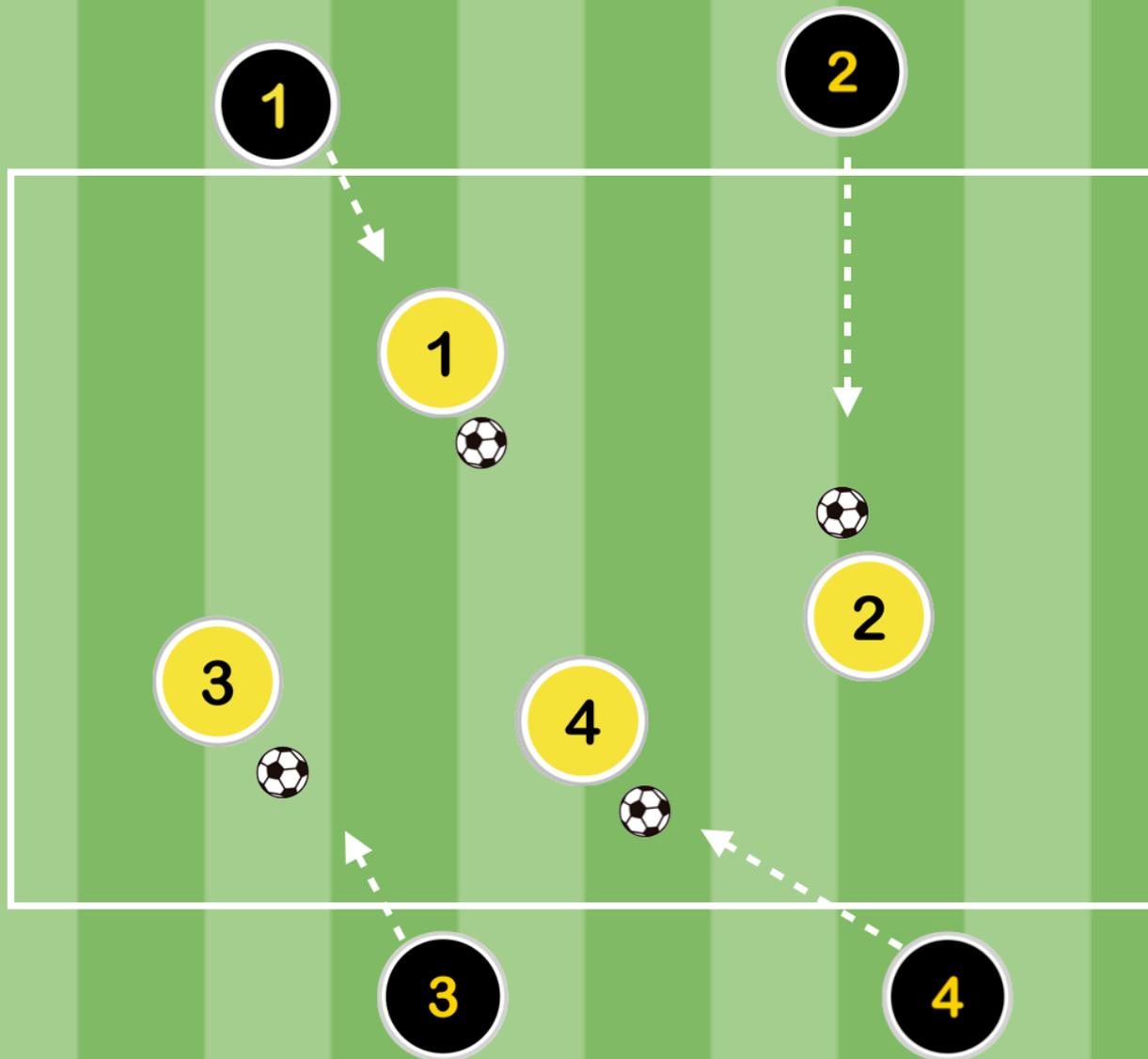


1v1 IN A BOX PARTNERS



1v1 IN A BOX PARTNERS

This is a very simple yet effective activity that you can use with players at all stages. You can play this game in a variety of different shape and size zones, depending on the space and equipment you have. You could use the centre circle as your zone, the 18 yard box or

create your own with cones, it all depends on the number of players you have, their ability level and your objectives.

SET UP & ACTIVITY

The basic set up is any shape zone. Start with a square or rectangle. Half of your players will start inside the rectangle with a ball the other half of the players will start on the outside of the rectangle without a ball.

Put your players into pairs and put players of similar ability together.

The objective of the exercise is for those players who do not have a ball to win a ball from their partner and then keep it away from their partner. Players who have a ball at the end of 60 seconds are the winners. Switch who starts with the ball and play again.

One rule is that if you dribble the ball outside of the zone you must give the ball to the player who forced you out of the zone, this simulates what happens in a game.

Likewise if the defender tries to get the ball and just kicks it out of the zone the player who had the ball retains the ball.

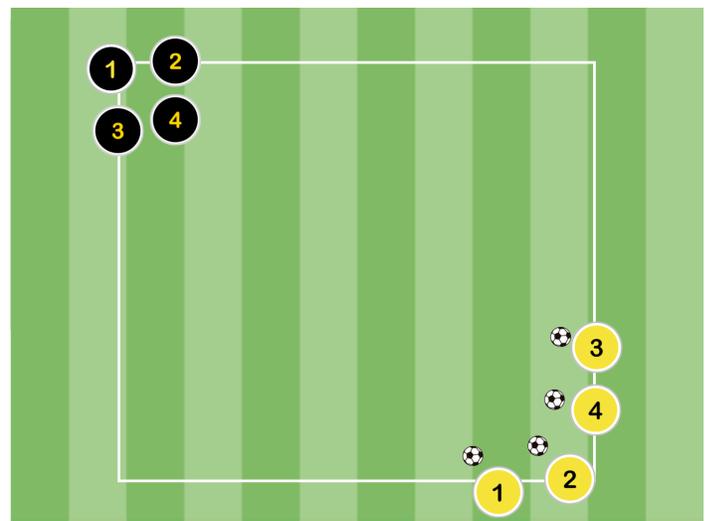
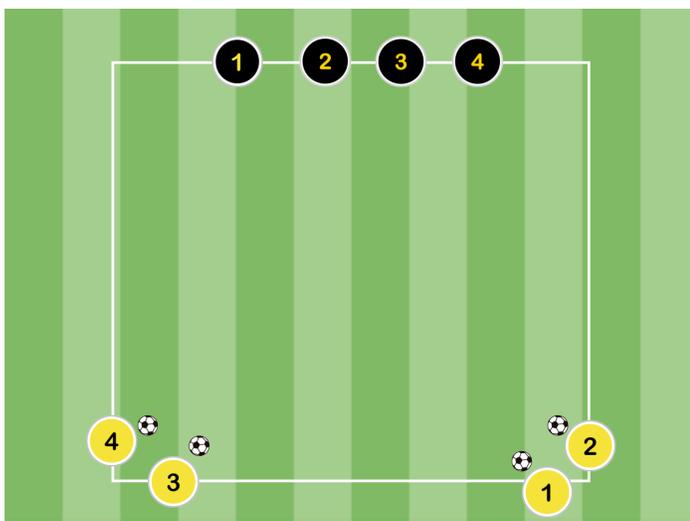
- Adjust your zone and make it bigger when you have more players and for lower ability players. Adjust your zone and make it smaller for less players or higher ability players.
- Adjust how long you play the game based on age and ability. Shorter time and more rounds for younger and lesser ability players.
- You can also make your zone smaller to increase the difficulty or to promote more shielding and changes of direction as there will not be as much room to dribble to evade the defender trying to take your ball.

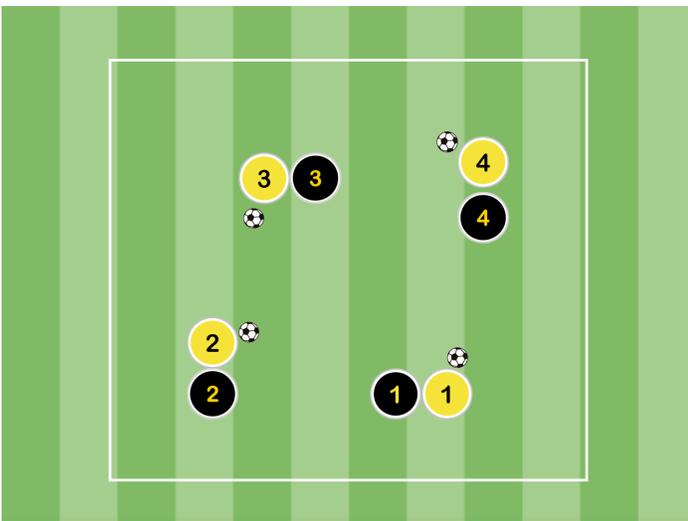
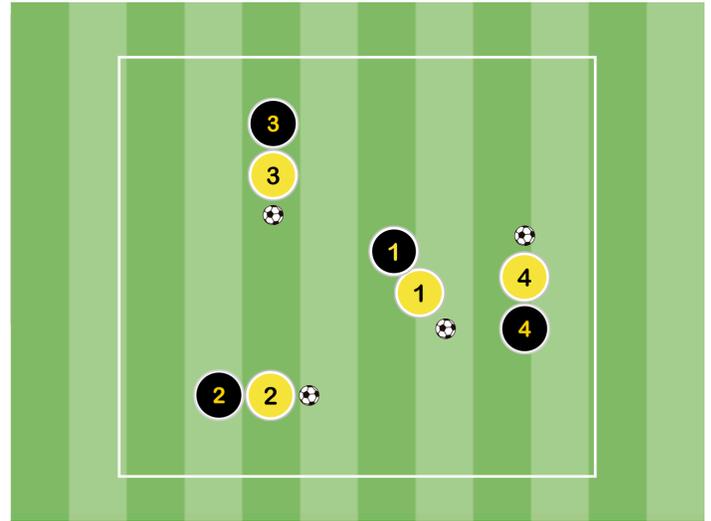
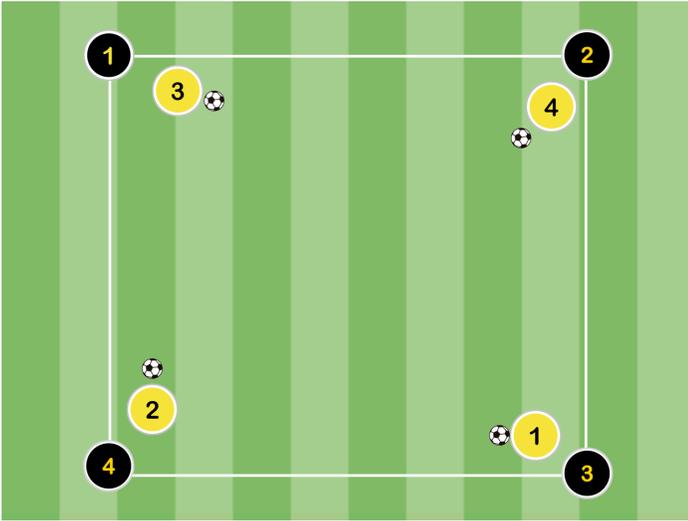
COACHING POINTS

- Show players how to shield/hide the ball when they run out of space and get near to the edges of the zone.
- Show the player how to shield/hide the ball and look over their shoulder to see where the defender is and turn away from where the defender is so as not to show them the ball.
- Show players how to keep their body between the ball and the defender as they shield the ball or try to turn and dribble away from them.
- Encourage players who have a ball to be looking for where the players who do not have a ball are and then try and dribble to the space furthest from them.

VARIATIONS

- Switch partners to create new match ups.
- Switch where the players with and without the ball start the activity, below are some examples you can use.





- Change the length of time you play for, try a really short game only 15 seconds and then try a longer game of 2 minutes.

COMMON MISTAKES

Players will not be able to keep the ball in the zone.

- Make your zone bigger or define your zone with more markers as they may not be able to easily identify the boundaries of your zone.
- Show your players how to take smaller softer touches on the ball so the ball stays closer to them and they can stop it from going out of the zone.

- Show players how to use the sole of their foot to control the ball especially if they are hiding/shielding the ball.
- Show players how they can keep possession by shielding the and hiding the ball rather than dribbling at full speed.

Players will just go hide and shield the ball in the corners.

- Allow players to go to the corners but they must face into the zone if they have no pressure on them.
- Make players have to keep the ball moving and rolling at all times when they have no defender pressuring them this will stop them hiding in the corners.