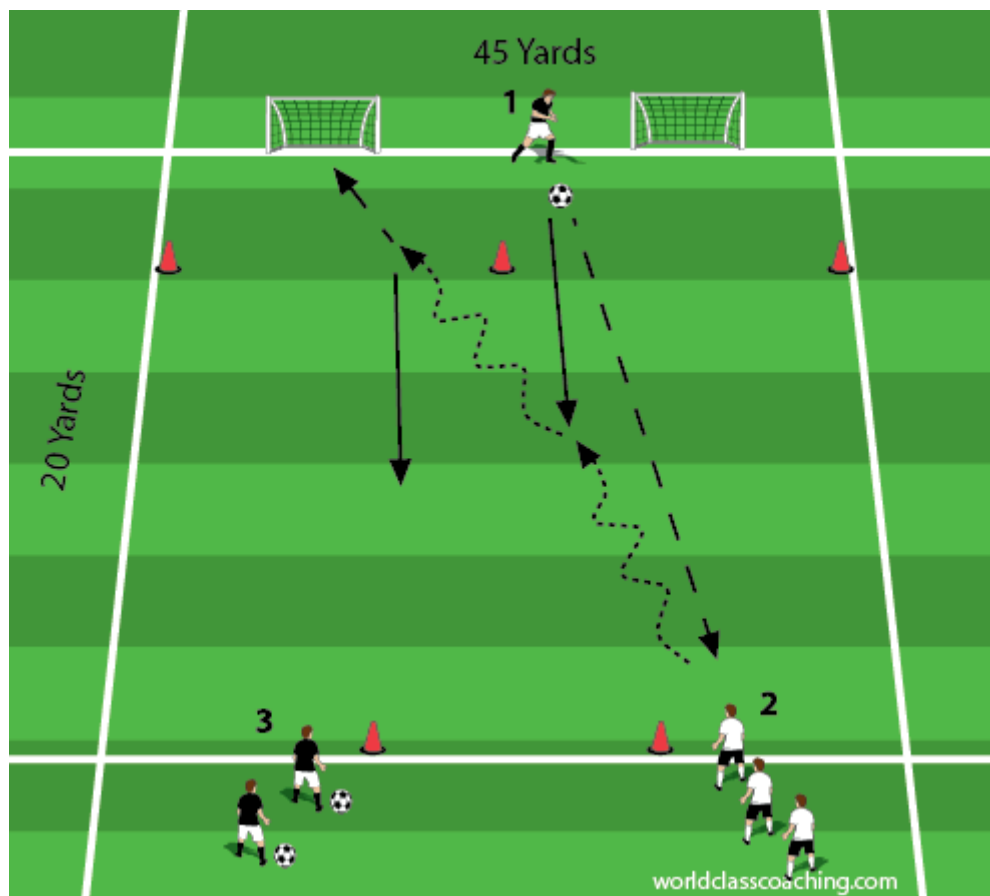


1 v 1 Fast Break Attack

Player 1 passes the ball to Player 2, who dribbles the ball and tries to enter the scoring zone five yards from the goal. The attacker can score in either goal. Once Player 1 passes the ball he moves to stop Player 2 from scoring. As soon as Player 2 shoots or the defender touches the ball Player 2 moves to defend Player 3 and the play continues.



Coaching Points

- Use pure speed and acceleration until confronted by a defender
- Use 1 v 1 moves to beat the defender