

# 1v1 – Left or Right

**Objective** – teach defenders to channel

GameFocusResetProgression

3 teams of 3

1. Attacker passes to Defender (1 passes to 2)
2. Defender passes to Attacker (2 passes to 1)
3. As soon as attacker receives ball game is live
4. Attacker passes to 3 or 4 and defender has to channel the 2nd attacker to the side
5. Rotate attackers and defenders

1. Do not dive
2. Channel
3. Stick to stick
4. First touch next action

Start sequence again

## Progressions

- 2 teams and count goals
- 1 touch
- Add other attacker to make a 2v1

