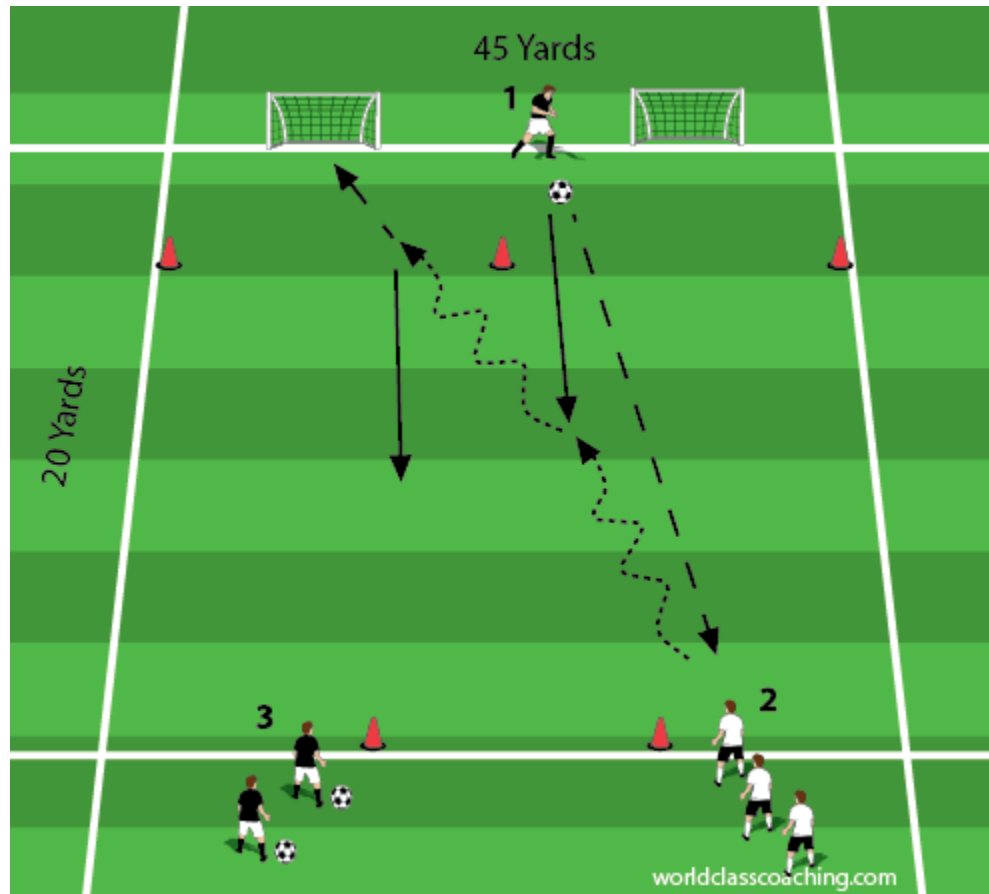


*Below is part of a training session by Craig Dean, Newcastle United Academy Player Development coach.*

### **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