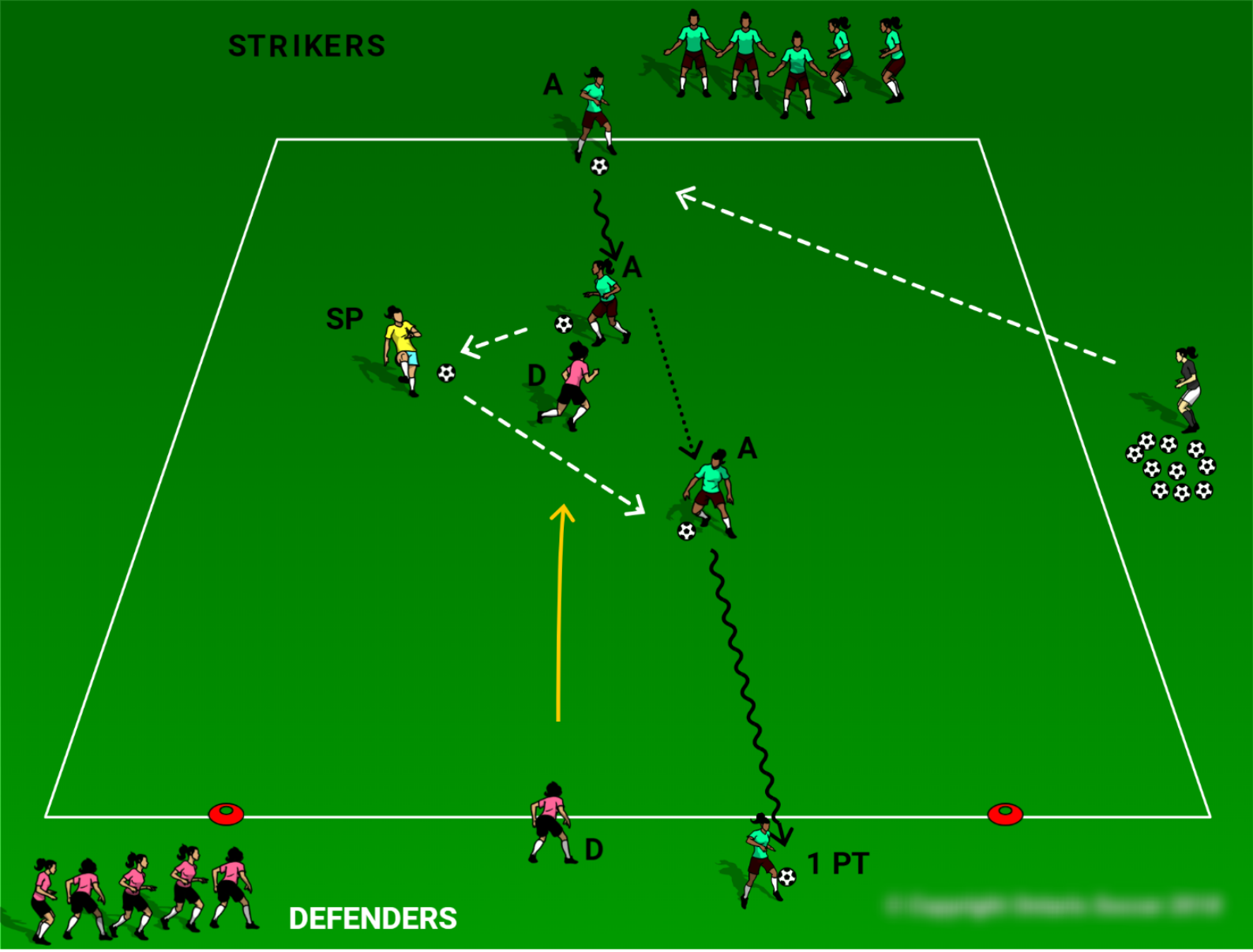

Striker vs Defender drill (progression.

- Coach passes the ball to striker A . As the ball travel B comes out to engage the 1v1.
- A's goal is still the same, but she has the option to use SP as a support in order to beat D.
- SP can only have 1 touch. She can move everywhere but only 1 touch is allowed here; SP cannot dribble and score.
- If D wins the ball back 'cleanly'; she gets 1st and the drill resumes with other players in line .

Coaching points:
- Defenders must close the gap quickly and remain on their toes, anticipate the possible pass by positionig the body about 1/3rd away from Striker. Bet ready to intercept with authority.
- Strikers must approach with pace and unpredictability and be smart.
SP must move around to offer options for the striker.