



FCB-1vs1 - to goal

Set up a 10x10 grid just on top of the 'D'. One defender in the grid. One player dribbles into the grid for a 1vs1 duel. Look to beat your defender and finish. You have to beat the defender inside the grid. Different ways to rotate; Keep the defender in for 1 minute. Keep the defender in for 6 balls. Or, when you win the ball as a defender, you get out. If you lose the battle, then you become the defender.