

## Prince William Courage – Part 1: Speed/Power Exercises

### 1.) 1 v. 1 Pursuit

**Area & Set up:** The practice is played in an area approximately 50 x 44-yards with a goal and a goalkeeper.

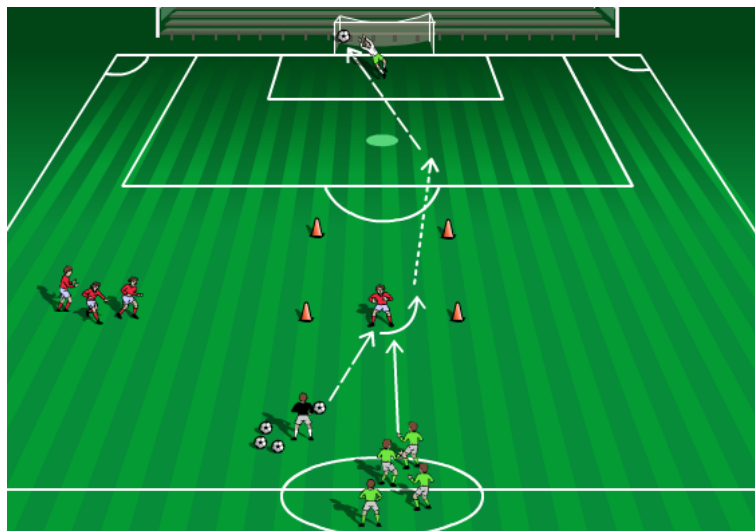
- **Sequence:** The attacker positioned in the front of a 10 x 10-yard grid must receive the ball with his back to goal, turn and accelerate.
- The defender may pursue the attacker all the way into the penalty area to try to stop the attacker from scoring.
- The attacker has a time limit of **5 seconds** to ensure the drill is performed at speed.
- The attacker may not let the ball run, he must touch & turn with the ball while on the front line and open up & dribble quickly towards the goal.
- The attacker must touch the ball as you are entering the box.
- The coach begins the action by passing the ball to the attacking player.
- In a 1 v. 1 with the goalkeeper players should not be shooting outside the box.

### 2.) 1 v. 1 Target Player Exercise

**Area & Set up:** Using same approximate area, players now start with their backs to goal.

**Sequence:**

- In this variation the target players now have a defender closing quickly from behind forcing the attacker to turn and finish with speed.
- The attacking player checks to the ball, while the defender tries to stop him from scoring.
- The coach starts the action with a pass into the attacker's feet.
- The attacking player has a maximum of **7 seconds** to score.



Exercise 1:

Exercise 2:

