



1 v 1 Agility

Skill – Evasion, Carry, Tackle

TYPE
Open

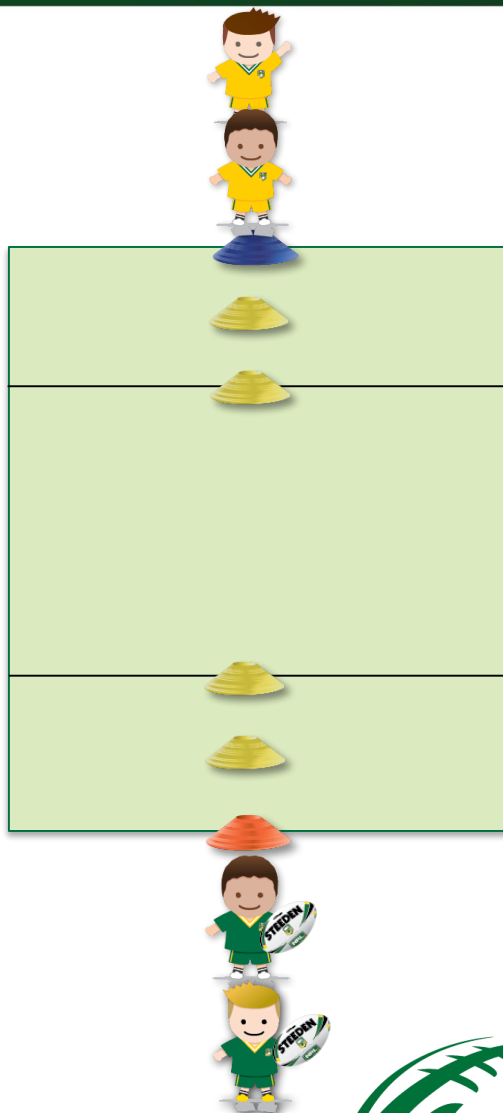
AGE
6+

Description

- » Players start in two lines opposite each other.
- » On go, one player from each line has to swerve between the markers (or agility poles)
- » Once they have swerved through, they meet in the middle of a 10m x 10m space.
- » The attacker must then attempt to beat the defender in a 1 v 1 situation.

Progression

- » Make the grid bigger or smaller
- » Add different types of agility before the 1 v 1



Logistics

(10m)

(20m)

Players



2 x Attackers



2 x Defenders

Equipment



x (2) Markers



Whistle



x (2) Football's



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