

1v1 ladder

Equipment: cone stick; soccer balls.

Field layout: Create a line of 10x10 yard grids with a 1-yard safety zone between grids.

Procedure: Players work in pairs with one soccer ball and one pair in each grid. This is essentially a timed series of 1v1 duels, with the winners moving up the ladder and those who lose duels moving down the ladder. Demonstrate and review the rules with one pair of players in a grid.

Duel rules:

1. Each duel starts and restarts with a pass from one player to the other.
2. Points are scored by dribbling the ball over the opponent's endline and stepping on the ball.
3. If the ball leaves the grid during the duel, the player knocking the ball out retrieves it and returns to her endline before passing to the other player to restart play.
4. When a point is scored, the player who scored dribbles back to her own endline and passes to her opponent to restart play.
5. Duels last for 40 seconds.
6. Hold at least as many rounds as there are grids so that every player has a chance to win the ladder competition.
7. At the conclusion of the duels, determine winners.
 - A. Tie-break procedure:
 - a. If the score is tied, the player who scored first wins.
 - b. If the score is 0-0, the player in possession of the ball at the end of time wins.
 - c. If the score is 0-0 and the ball is out of the grid at time, use rock-paper-scissors (not best of 3!) to get a winner.
8. After each duel, winners move up and those losing their duels move down. If there are an odd number of players, put one outside the bottom grid juggling for a turn. At the end of the round of duels, she moves into the bottom grid and the player who lost in the bottom grid steps out to juggle for a round. The winner in the top grid stays there, and if there are even numbers, the person losing in the bottom grid also stays there.

