



PLAY – 1v1 ATTACKING

Focus: Using 1v1 to get past an opponent

Explanation

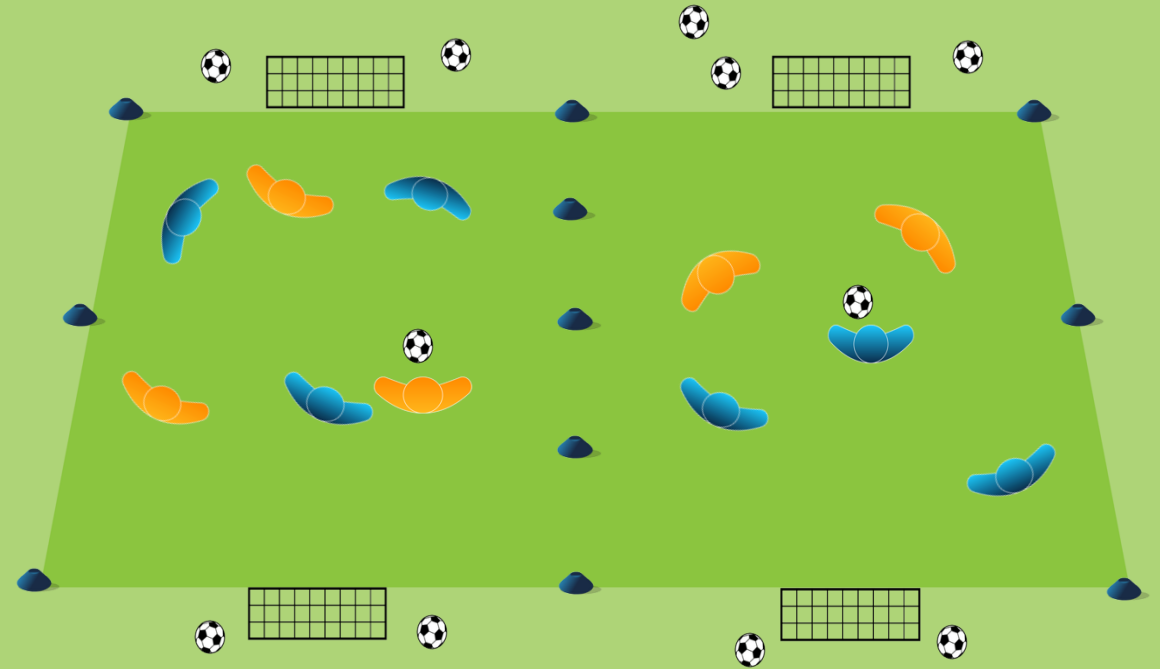
- Have an area set up so that as the players are arriving, they can get straight into a game.
- The area should be split into two fields as shown so that the numbers stay small.
- It might start off as 1v1, 2v1, 2v2, 3v2, and build to 3v3 per field.

Coaching Points

- Can you use a 1v1 skill to beat an opponent?
- Take a risk and try and get past an opponent.
- Use deception to try and trick an opponent.
- If you get past an opponent, can you shoot?

SO-CHANGE-IT

- If you have more than 12 players, then either set up 3 fields or go to 4v4+.
- Not enough small goals? Then use cones or poles.





PRACTICE – 1v1 ATTACKING

Focus: Using 1v1 to get past an opponent

Explanation

- Using the same areas as the Game Play, split the players into groups or 3 or 4.
- In the areas split them again so that one colour group starts one side (blue) and the other colour (orange) starts opposite with the ball.
- An orange player dribbles the ball into the playing area and as they do, a blue player enters the area too. The orange player and the blue player play a 1v1.
- If the orange player can get past the blue player, they try to score in the small goal near the blue group.
- If the blue player wins the ball back from the orange player, they try to score in the small goal near the orange group.

Coaching Points

- Take small touches forward keeping the ball close.
- Can you see space? Drive into it at pace.
- Use a trick to unbalance your opponent.
 - Drop Shoulder, Stop Start.
 - Step Over, Scissor.
- Move into the space and shoot at the goal.

SO-CHANGE-IT

- If you have more than 12 players, then either set up 3 fields or go to 4v4+.
- Not enough small goals? Then use cones or poles.
- Cold weather and too much rest time? More field areas to limit rest time.

Repeat Game Play

- Return to the first game set up for the last part of your session.
- Has the players 1v1 attacking skills improved?

