PRACTICE – 1v1 ATTACKING

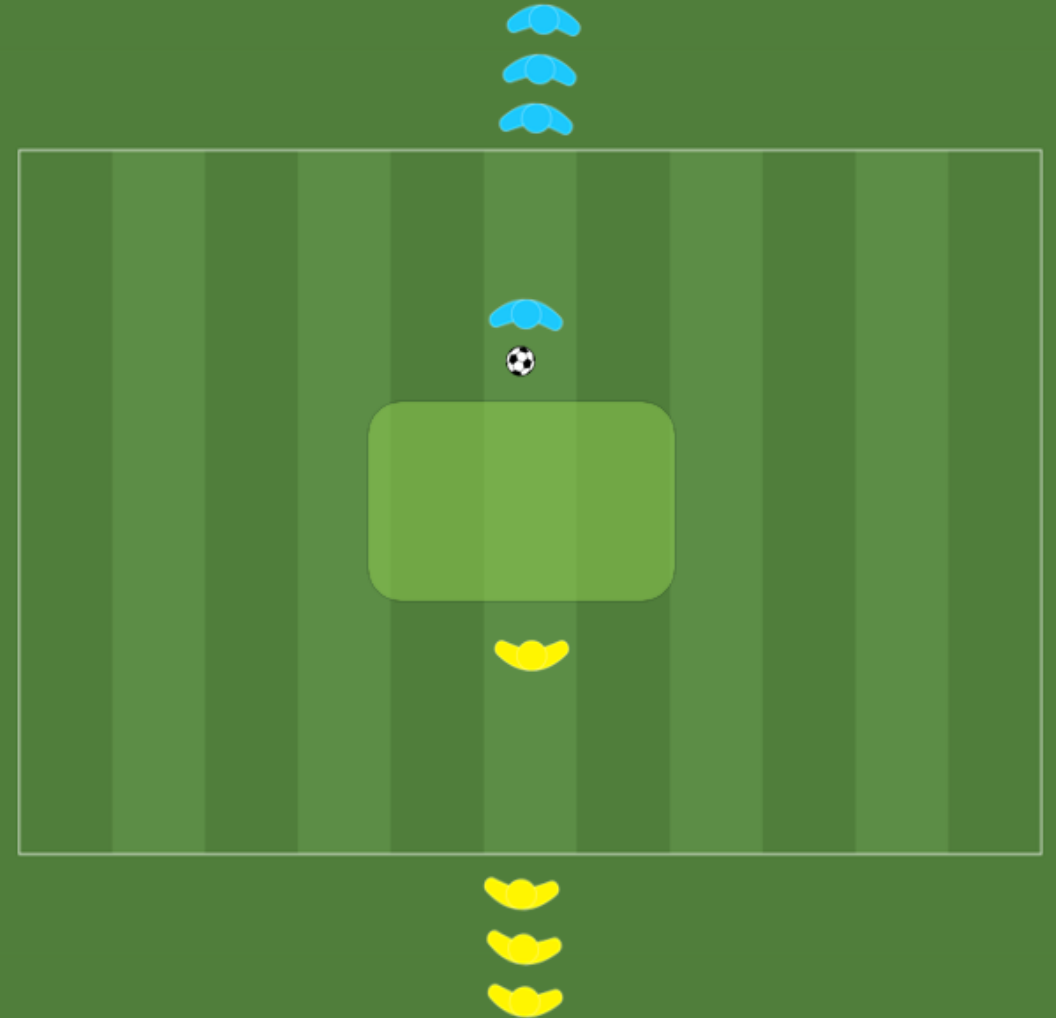## Focus: Attack space against defenders 1v1

Explanation
- Have an area set up so that as the players are arriving, they can get straight into a game.
- Allow players to play big pitch.
- It might start off as 1v1, 2v1, 2v2, 3v2, and build to 3v3 per field.
- When all players arrive, split group in to equal teams with a neutral player and 2 goal keepers.
- Each player will be matched with a player on the opposition team.
- The neutral player will create an overload for the team in possession.

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
- Same person cannot score two goals in a row.
- Add in a scoring zone, players must receive a pass in the zone before scoring.

Focus: Attack space against defenders 1v1

Explanation

- Have a square set up in the middle of the pitch with a starting point either side of it for both teams.
- Have the group split in to 2 teams with each team on a cone facing each other.
- An orange player passes the ball into the playing area to a blue player and as they do, a blue player enters the area too. The orange player and the blue player play a 1v1.
- The goal for the blue player (attacker is to dribble through the other side of the square for 3 points, if they can not get through the square, they can dribble out of one of the sides for 1 point.
- Swap sides to ensure both teams have a go in both roles.

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

- Make sq / narrower to alter difficulty.
- 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?