



PLAY – 1v1 ATTACKING

Focus: Keeping the ball close and using deception in 1v1

Explanation

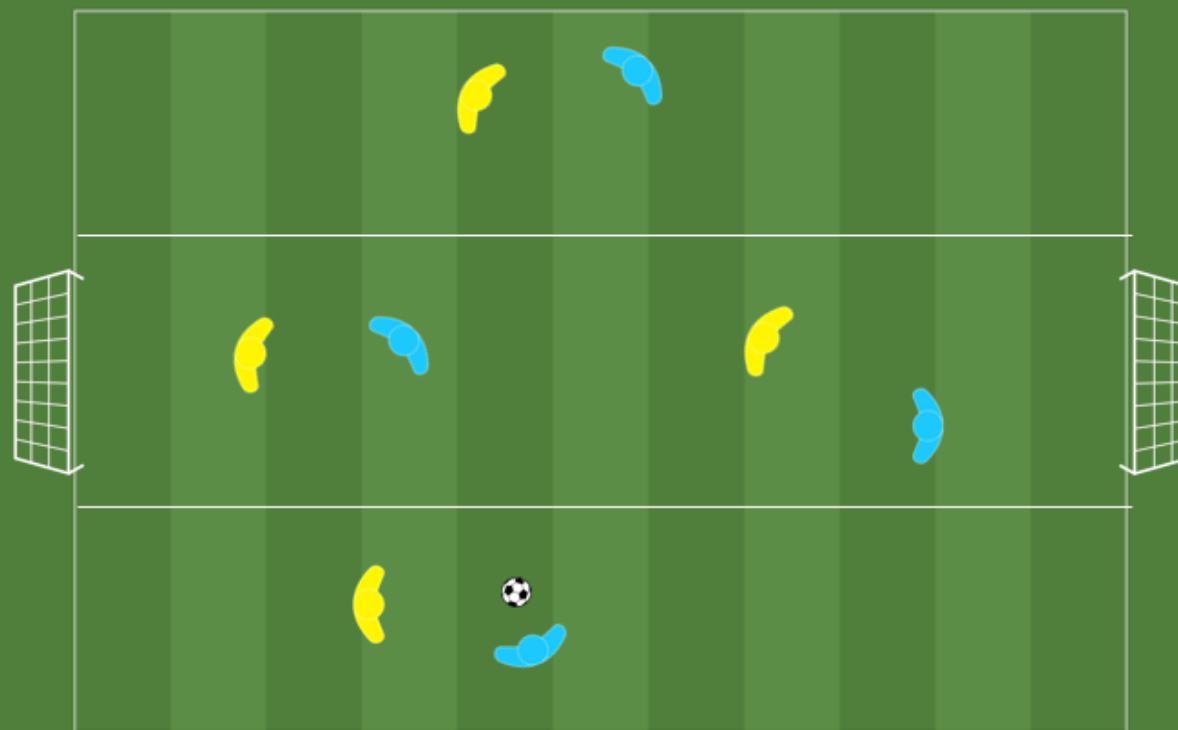
- Have an area set up so that as the players are arriving, they can get straight into a game.
- Allow players to play big pitch.
- It might start off as 1v1, 2v1, 2v2, 3v2, and build up to 4v4.
- When all players arrive, split the pitch in to thirds length ways and allocate players to their thirds.
- Players are restricted to their third of the field and encouraged to move up and down their third in order to support their teammates.

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

- Allow players to switch into other thirds of the pitch, but when this happens, they must switch with the player occupying the grid they are moving into.
- If more than 8 players, make it a 5v5 or 6v6.





PRACTICE – 1v1 ATTACKING

Focus: Keeping the ball close and using deception in 1v1

Explanation

- Have 2 goals on one of the longer sides of the pitch and have the 2 groups split in two the opposite side.
- The first defender (blue) is positioned in front of the goals and the attacking player (orange) dribbles on to the pitch and goes 1v1 against the defender.
- Once the orange player scores in either goal or the defender wins the ball then they turn around and begin to defend against the next attacking player from the line.

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

- 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?

