

1v1s



Specific Aspect: 1v1 attacking with defender in front.

Play – Influence

- 2v2/3v3 small sided games.
- When ball goes out, ball is to be dribbled back into the area (to encourage more 1v1s).
- If you can beat a player with skill and then score = 3 goals.
- Any other goal is worth 1.
- Play as a tournament, each team accumulates points across games.

Coaching Points:

- Today's Challenge: "Today's session is all about beating players 1v1, Be creative and take players on!"
- First touch forward and attack quickly,
- Drive towards the defenders front foot,
- Distance for skill move (not too far, not too close),
- Opportunity to break down skill moves that work well against a defender in front (scissor, sole roll etc.).
- Disguise using your body (arms, eyes, shoulders) to disguise your move,
- Creativity – try different moves and see what works.
- Accelerate away after player is beaten.

Practice - Teach

- Yellow drives forward to begin practice,
- Practice starts semi opposed with red defender jockeying the ball until yellow skills past and scores.
- Once ball is dead, players switch roles and resting players go.

Possible Progressions:

- Develop practice to fully opposed.
- Additional points for using skill moves and then scoring.

Coaching Points:

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- Creativity – try different moves and see what works.
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Play - Observe

- Finish session with a game,

Add a reward to encourage players to engage in the session theme:

- **Reward:** If you can be a player with skill before scoring = 3 goals.
- Every other goal is worth 1.

Encourage players to drive at each other 1v1. Allow the players to play!

Coach Self Reflection:

- Did the players get the opportunity to practice their technique?
- Did you find the opportunity to develop the individual player within the session?
- Did you see a change in the players behaviour relating to the specific aspect (if not, what could you do differently?).
- Did you create a safe and enjoyable environment?

