

1v1s



CLUBS & COMMUNITY

Specific Aspect: 1v1 defending to stop forward passes.

Play – Influence

- 2v2+1 small sided games.
- The blue playmaker ('P') plays for the team in possession.
- When ball goes out, ball is to be dribbled back into the area (to encourage more 1v1s).
- Play as a tournament, with each team accumulating points across each game.

Coaching Points:

- Today's Challenge: "Today's session is all about winning the ball 1v1 and stopping the opposition passing forward".
- Get there quickly, slow down quickly.
- Surf-board stand to send them one way.
- Force the opposition away from goal.
- Be aware of goal position to protect it.
- Accelerate away after player is beaten.

Practice - Teach

- Resting yellow passes into yellow on field who takes on red defender 1v1.
- Yellow tries to pass into mini goal to score.
- Red looks to win ball and pass to resting yellow.
- Resting red defender rotates in each time.
- Yellow goes off and the resting player comes in to repeat.
- Rotate defenders every 90 seconds.

Possible Progressions:

- When the resting yellow plays in, they join the attack to make a 2v1.

Coaching Points:

- Get there quickly, slow down quickly.
- Surf-board ('Side on body shape') to send the attacker one way.
- Force the opposition away from goal.
- Be aware of goal position to protect it.
- Accelerate away after player is beaten.

Play - Observe

- Finish session with a game,

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

- **Reward:** If you can win the ball 1v1 and score in 5 seconds = 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?

