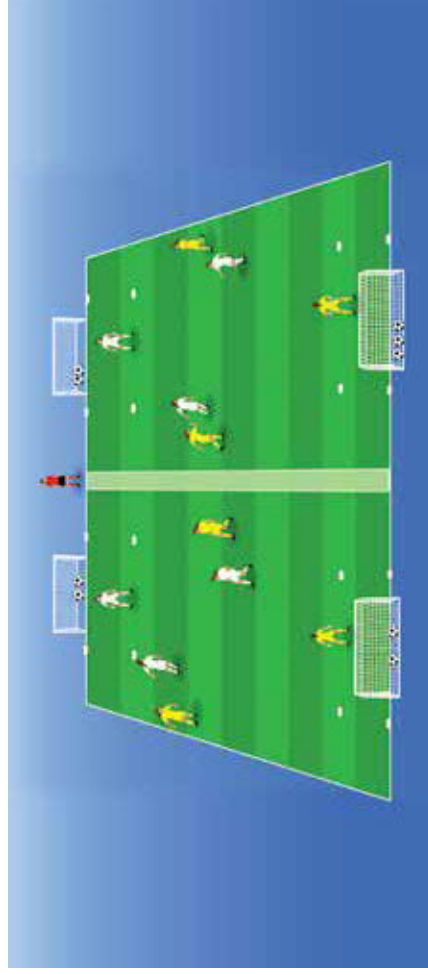


1v1

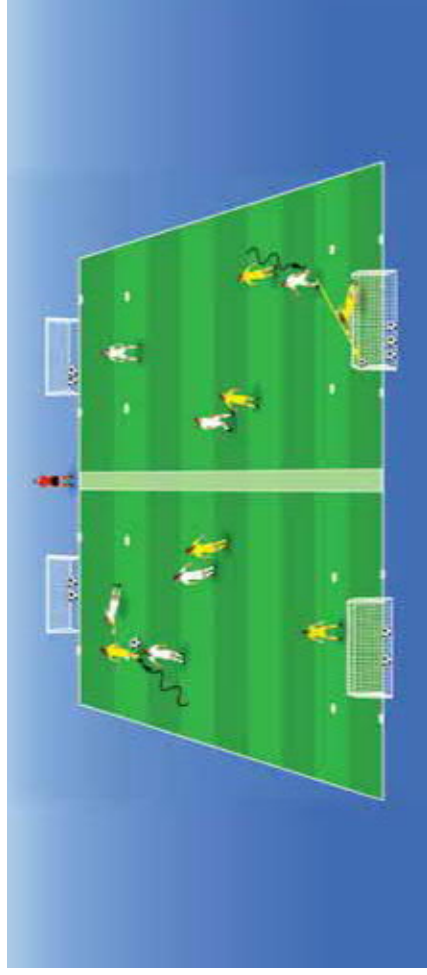
10
MINUTES

Recognition Phase: Game

Beat defender | Win duel



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Suggested equipment list:

- 20 cones, 12 balls, 2 sets of bibs, 4 portable goals or 8 portable poles

Grid size:

- Create two: 15 x 20 metre games (guide only)
- Create penalty areas using cones

Explanation:

- Divide squad into 4 equal teams. E.g. 2 games of 3v3 for a squad of 12
- Teams to play normal game rules for the first five minutes
- To maximise game time, there is the option for the goalkeepers to start/re-start play (place balls near the goals)
- Every player needs to experience the role of the GK.

Scoring system:

- Regular rules for first five minutes; all goals worth 1 point
- After 5 minutes, reward 3 points for a goal scored after beating opponent in 1v1 duel. This creates 'incentive' for players to engage in 1v1 duels

Rotation/Variation: C.H.A.N.G.E.I.T. (refer to page 56)

- Rotate teams and swap role of the goalkeeper evenly (guide only)

Key Coaching Points:

- Encourage players to engage in 1v1 duels
- Praise attempts to beat a defender
- Encourage players to work hard to win the ball back when they lose it