

Core Skill: 1v1 – SKILL GAME

Session objective: *Improve players ability to beat an opponent 1v1 using speed and deception*

Organisation Diagram



Organisation

- 3 v 3 + 1 joker encouraging 1 v 1 repetition
- 7 players per grid
- If no joker play 3v3
- 20m long x 30m wide.
- Red team plays Blues (one ball only).
- You can ONLY pass the ball backwards.
- The objective is to beat the player ahead of you and score by dribbling the ball over the end line.
- Defenders win the ball and then attack opposite end line.

Step Up

- Narrower area
- Shorter area
- Can only use opposite foot to execute move
- Limit number of passes before 1v1 attempt eg 3 pass max then must attempt 1v1

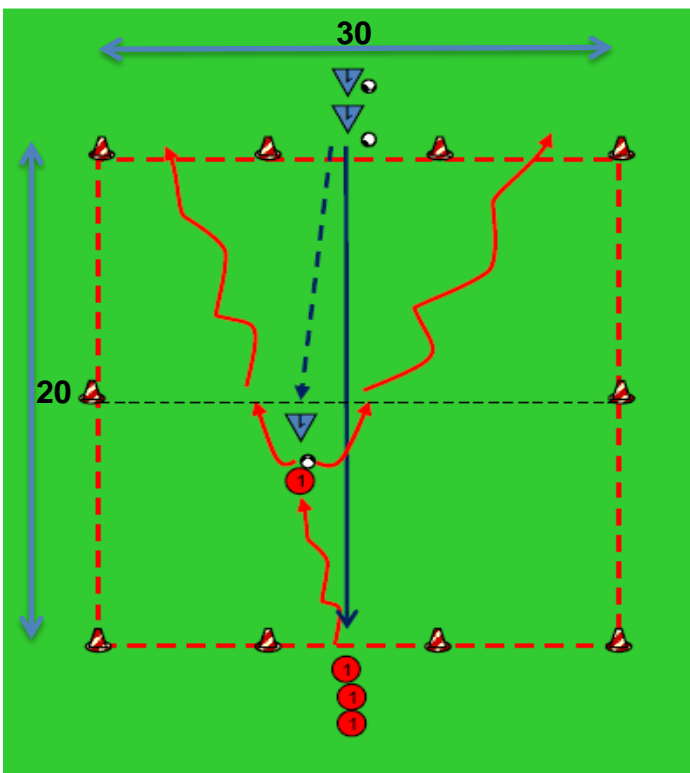
Step Down

- Add joker
- Larger area
- Allow forward passes
- No pressing when ball is played backward

Core Skill: 1v1 – SKILL TRAINING

Session objective: *Improve players ability to beat an opponent 1v1 using speed and deception*

Organisation Diagram



Organisation

- 20m x 30m with two small goals at the endline.
- 7 players per grid
- 2 teams line up between the two goals at either end of the touchline as shown.
- Blue passes to Red and immediately sprints to the half way line (Blue **must** start defending on or over the half way line, waiting in own half is not allowed)
- Red receives the ball and takes on Blue 1v1 at speed, trying to get past him and score by dribbling through the left or right goal.
- If the defender wins the ball they can score in one of the opposite goals (one attempt max. each). When the action has ended the players line up on the opposite side.
- Switch sides from where the attackers and defenders start.

Progression

- 2 v 1 (overlap) (Must start with 2v1)
- 2 v 2
- Vary angle of defender's and attackers

Step Up

- Vary entry direction of defenders
- Narrower area
- Shorter area
- Time limit to score past defender
- Can only use opposite foot to execute move

Step Down

- Passive defender – cannot tackle directly
- Delay defender entering field
- Larger area

Exercise Task

Can you beat your opponent quickly to score

Player Actions

Attack space with speed

Can you use a move to beat your opponent

When you go past the opponent accelerate towards goal and shoot towards goal

Cues

As the ball is travelling towards you, get your eyes up and look for the defender

As you see the defender approaching, can you put your first touch into space and attack with speed

As you dribble forward, get eyes up to locate the defender.

As you approach the defender, use a move to shift the defender or beat him with brute speed

If you go past your opponent, can you immediately look up and locate goal and or 2nd defender

If you see the goal can you pass the ball into the corner.

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