Core Skill: 1v1 – SKILL GAME

Session objective: Improve players ability to defend 1v1 against opponent

Organisation Diagram

Organisation

- 2 grids identical as per diagram
- 3v3 + 1J or 3v3
- Team in possession can only pass backwards
- Attackers can only score in goal after dribbling the ball out of grid. 1 defender can follow to deny scoring opportunity
- If team scores a goal they retain possession of the ball and restart from the other end.

Progression

Free game no restrictions

Step Up

- Make field wider
- 2nd attacker can enter grid after 1st attacker dribbles over. Defend 2v1
- 2v2 into grid
- 2 points scored by defending team after regaining possession in transition eg direct score into grid from defender who won their own ball.

Step Down

- Make field narrower
- Reduce numbers in middle and include bouncers on outside of grid eg 4v2
- Allow attackers to pass forward if defenders are to quick to close attackers. Defenders need to deny forward pass and forward runs
- Alter service into attacker eg lofted passes to allow more time for defender to close down

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Organisation Diagram



Exercise Task

Can you win the ball back

Organisation

- 2 grids identical as per diagram
- 2 teams of players positioned as shown
- Red passes to Blue with Red trying to win the ball 1v1 from Blue
- Attackers must dribble beyond halfway line past defender and finish in single small goal
- If defenders win ball they score in either of two small goals
- Ensure defenders & attackers defend & attack from different angles.
- Swap roles of teams

Hidden Learning - Attacker

- Touch speed & direction
- Attack space with speed
- 1v1 moves to deceive defender

<u>Step Up</u>

- 2v2
- 2 attackers v 1 defender

Step Down

- 2 defenders v 1 attacker
- Make area smaller

Player Actions

- 1. Pass to player without ball and "CLOSE THE SPACE QUICKLY SHOWING OPPONENT DOWN THE LINE"
- 2. Whilst closing space "SHOW OPPONENT ONE WAY AND GET LOW"
- 3. On player's first touch slow and Start "JOCKEYING BACK AT THE SAME SPEED AS OPPONENT"
- 4. Whilst Jockeying back "CAN YOU FEINT TO DISTURB THE OPPONENT"
- 5. "DISTURB THE BALL WITH LEADING FOOT"

<u>Cues</u>

As the ball is travelling toward the attacker, can you close down as much space as possible between you and your opponent

As you are closing the space, can you force your opponent one way

As opponent receives ball, can you slow down and get down low eg surfboard stance

When opponent is dribbling forward, can you JOCKEY back at the same speed

Whilst jockeying backwards, can you 'feint' to disturb the opponent

Once opponent is in tackling range, can you DISTURB the ball with your LEADING FOOT

If your opponent has his back to goal can your force him back. Don't let him turn!

When opponent has his back to goal can you tackle when he tries a half turn

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