



1v1 continuous games

What you tell your players the session is about:

Defending and attacking in 1v1 situations.

What you tell your players to do:

Attack the opponents goal at match-tempo. Then quickly react and look to defend your own goal.



what to shout

- “React to the next ball”
- “Can you go past the defender with pace?”
- “Can you force the attacker wide?”



what to look for

- How does the defender approach the attacker? Does he dive in or hold his position?
- Does the defender force the attacker away from goal?
- Does the attacker play at match-tempo?
- Which players react slowly?



what to think about

This 1v1 practice will be a valuable session for all players. All players have different personalities, strengths and weaknesses both when defending and attacking. This session puts them in a demanding situation and they will all face a range of tests and experiences both in attack and defence. Encourage defenders to be patient to win possession of the ball and get your attackers to be direct, clever and shoot at every opportunity.

What you get your players to do:

Set up:

Cone off a 20 yard x 20 yard area.

Arrange two goals and two keepers as in the diagram below.

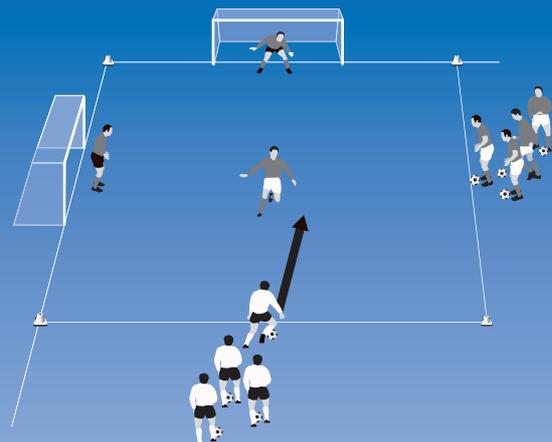
A defender from the dark-shirted team starts on the pitch.

A white-shirted player attacks the goal at pace.

Depending on the angle that the attacker arrives on the pitch, the defender must try to force him away from goal.

As soon as the ball has been played the attacking player changes role and defends against a dark-shirted player who now attacks the other goal.

1v1 Continuous Games



dribble →

Development

This game can easily be developed into a 2v2 situation by adding extra defenders and attackers.

How would I put this into a game situation?

Play a normal game, but mark out an end zone at either end of the pitch. Only one defender and one attacker are allowed in either end zone at any one time.