

Description

Attacking 1 v 1 - Individual Skills To Beat A Player

Warm Up

Organization

15 x 15 Yard square

Attacking players with the ball, moving around, through the gates inside the square

Defending team have to get the ball off of the attacker (2 or 3 at a time) If they are successful then they keep the ball

Keep score, which ever player has the ball after 20 seconds wins, rotate partners

Rotate teams so they both get the opportunity to start with the ball

Competencies

- Head up
- Bend knees, low center of gravity
- Look for space
- Small controlled touches
- Use both feet
- Use various parts of both feet
- Lots of changes of direction and speed
- Drag backs
- Scissors



1 v 1 Attacking

Organization

Add a goal and GK to one end of the square

- Player 1 passes to player 2 and then joins the back of the line at the opposite end of the square

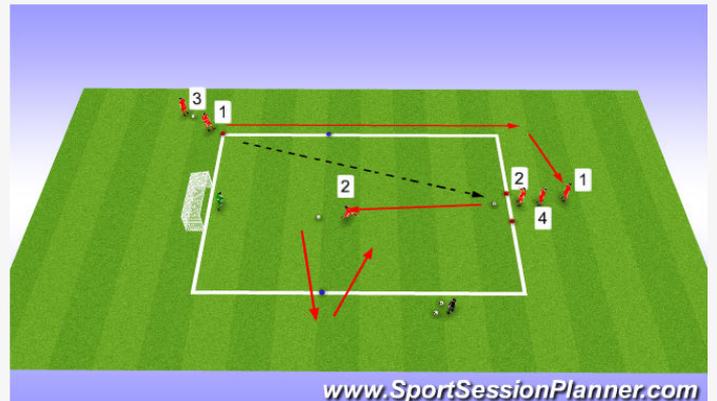
- Player 2 dribbles in and has a free shot on goal

- Player 3 then pass a ball to player 4

- Player 2 becomes the defender for player 4 but cannot apply pressure until they have run around one of the outside blue cones

Competencies

- Attack the defender with pace if pressure is immediate
- Understand direction of pressure and adjust first touch accordingly
- Identify distance from defender to maximise success (too near vs too far)
- Be creative with movement
- Add imagination and disguise
- Once the defender is beat, accelerate
- If pressure is not applied then shoot quickly



1 v 1 Attacking To Goal (Numbers Game)

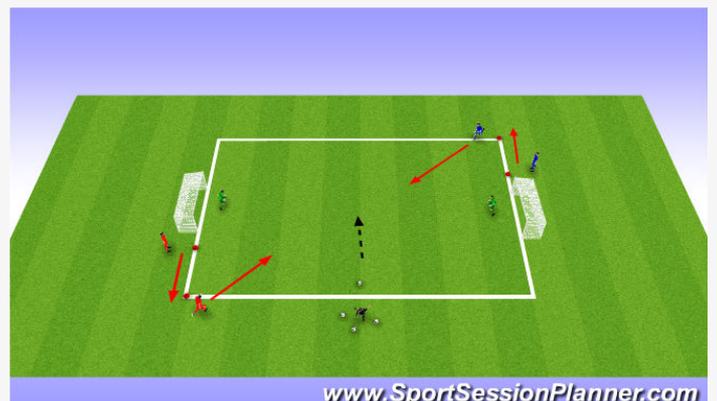
Organization

Create 2 teams, each player has a corresponding number to a player on the opposite team

The coaches passes the ball out but before the players can enter the field they must move around an outside target cone

Progression

2 v 1 or 2 v 2



Small Sided Game

Organization

4 v 4 or 5 v 5 with GK's

Encourage players to attack 1 v 1 as often as possible

Players need to recognize when they can isolate a 1 v 1 rather than pass

