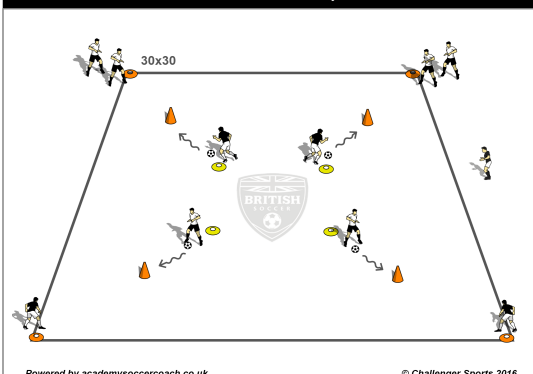


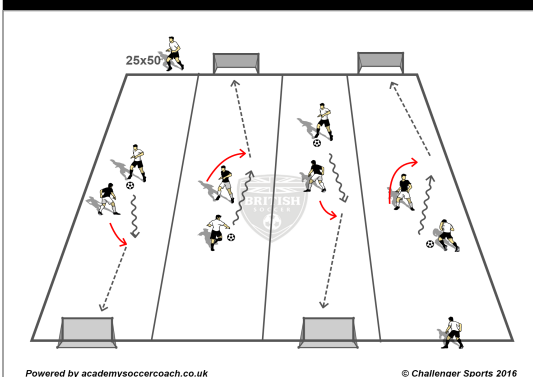
Topic: 1v1 Attacking

Objective: To learn and develop ways to beat a defender in a 1v1 situation.

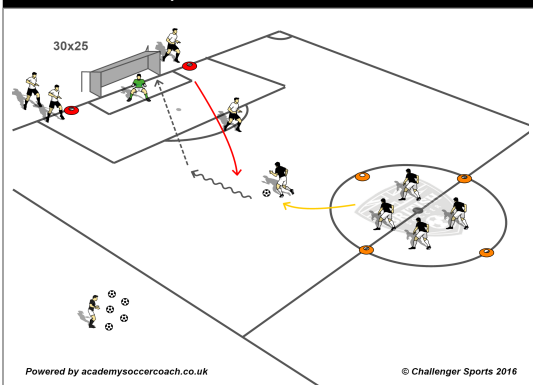
Session Part: Technical Warm-up



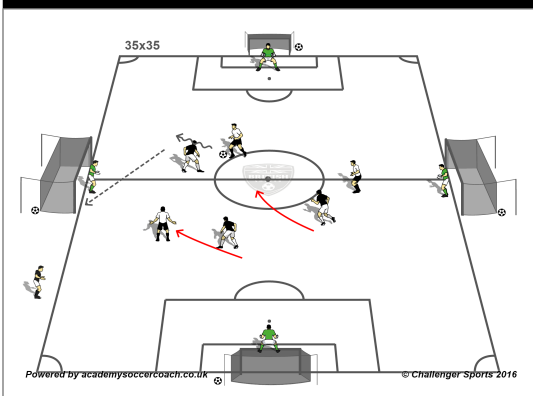
Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization

Time:

10

- Area: 35x30
 Numbers: 10 Players
- Players split into 4 groups in each corner of the area - 1 ball per group.
 - 4 tall cones and a central disc cone set up for each group to work around.
 - 1 player from each group dribbles towards their tall cone, performs a fake and continue to the central cone before turning and repeating this process on return to their group.
 - Next player in line repeats this process.

Progressions

- Increase complexity of fakes and turns.
- Add defenders to apply light pressure.
- Extend dribbling distances.

Coaching Points

- Close control - soft touches.
- Awareness of playing area.
- Execution of fakes and turns.
- Use of upper body with a low center of gravity.

Organization

Time:

15

- Area: 25x50
 Numbers: 10 Players
- Players in pairs/threes - 1 ball between 2.
 - Pairs/threes are assigned a channel and goal to work within.
 - Players take it in turns to attack or defend 1v1 towards the goal.
 - Attackers aim to beat the defender and score a goal.
 - Defender aim to steal the ball and stop the ball on the attackers start line.

Progressions

- Switch roles.
- Add a goalkeeper - join groups.
- Build into 1v2/2v1.
- Decrease channel sizes - challenge attackers.
- Change opponents and introduce points system.

Coaching Points

- Confident first touch.
- Commit the defender.
- Use of fakes/tricks to beat the defender.
- Sharp changes of speed and direction.
- 1v1 domination - positive approach.

Organization

Time:

20

- Area: 40x35
 Numbers: 10 Players
- Players split into 2 teams - 1 goal with a goalkeeper.
 - Attacking team begin in the center circle, defending team begin either side of the goal.
 - Coach has a healthy supply of soccer balls on the side of the field.
 - The attackers discuss as a group what method of attack they want to do - 1v1, 2v1, 3v1, 1v2 or 2v2.
 - Attackers inform coach who shares the attackers plan with defenders and coach passes to the attackers.

Progressions

- Introduce points system - the more difficult the attack (1v2) the more points awarded.
- Teams switch roles.
- Add new attacking options and scenarios.

Coaching Points

- Decision making.
- Problem solving.
- Attack with purpose and confidence.
- End product - assess finishing options.

Organization

Time:

15

- Area: 35x35
 Numbers: 10 Players
- 3v3 game with 4 goals and goalkeepers.
 - Goalkeepers have a healthy supply of soccer balls at the side of the goal.
 - Teams can score in any of the 4 goals to begin the game.
 - If the ball is saved or goes out of bound, the closest goalkeeper to the play restarts by serving the ball to the opposing team.

Progressions

- Teams are assigned specific goals to attack.
- Rotate goalkeepers.
- Remove 2 goals.
- Build into 5v5.

Coaching Points

- Teamwork and communication.
- Awareness of goals and space to exploit.
- Quick decision making.
- Observe goalkeepers stance and positioning.