



1v1 Session 21/02/18

Category: Technical: Attacking and Defending Skills
Difficulty: Beginner | Start Time: 21-Feb-2018 18:00h

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Individual-Adult Member

Description

A 1v1 session with various progressions, focusing on attacking and reactions and counter attacking.

Arrival Activity (10 mins)

Set up 2 mini pitches and as players arrive they filter into 2 teams and play mini matches.

As this session is focusing on 1v1s, the only stipulation is they must beat a player before passing or shooting.

Coaching points:

Let them play!



Warm Up Game (10 mins)

Warm Up Game.

In pairs, the players play a game of 'cat and mouse'.

Players face each other on the red cone.

The red player has to make the first move and try to sprint to either the blue or yellow cone.

The blue player reacts to the movement of the red player to try and beat them to the cone.

The red player may check his run and head to the opposite cone, so the blue player has to react quickly.

Players must not cross the line.

After a set time the blue player takes the lead and the red reacts.

Coaching points:

Be on your toes.

Quick burst of pace.

When might you check your run and change direction?

Progression 1.

Players play the same game as previously, but this time they have a ball each and must stop their ball next to the cone.

Same rules apply.

Coaching points:

Make sure your ball stays close to your feet. Firstly so you can stop it on the cone, but also in case you have to perform a quick turn.



Warm Up Progression (10 mins)

Progression 2.

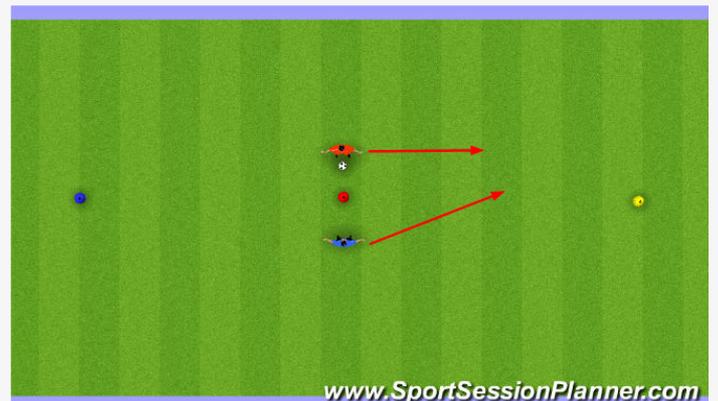
Now only the red player has a ball.

Blue player may now cross the line to defend the cone.

Defending player cannot tackle, only block the dribbler's run.

Coaching points:

How can you protect your ball from the defender?



1v1s (15 mins)

1v1

Staying in their pairs, the players now play a 1v1 game where the blue player has to score in the blue goal and the red player in the red goal.

Play starts with the conceding player passing to his opponent.

Coaching points:

Attacking player - how can you beat your opponent? What tricks/skills can you use. Protect your ball. Body position.

Defending player - remember the 5 Ss. Shut down, slow down, stand up, sideways, safety.

Progression.

Still playing in pairs, blue players can now score into any of the blue goals. Reds can score into any of the red goals.

Coaching points:

Attacking player - look for the space. Attack the space fast.



End Game (15 mins)

End with the same game as the Arrival Activity.

Same rule: Players must beat an opponent before passing or shooting.

Coaching points:

How can the players put into practice the things they have just learnt?

