

## TRAINING 1 V 1s

### **Attacking 1 v 1:**

It is inevitable in soccer that every player on a team must attack an opponent in a 1 v 1 situation. Beating defending players in a 1 v 1 situation requires skill, courage and confidence. This series of training activities will train attacking players to go 1 v 1 against opponents with confidence and success.

### **Defending 1v1:**

It is also inevitable that all players must at some time defend against an opponent in a 1 v 1 situation. Defending against attacking players 1 v 1 requires skill, confidence and patience. This series of training activities will train players to defend in 1 v 1 situations against opponents with confidence and success. Developing basic attacking and defending skills is critical to soccer success.

### KEY FACTORS

#### **Attacking:**

- Try to slow down the defender and then accelerate (explode)
- Run at the defender
- Only one half a meter is required
- Take the defender away from where you want to go – the area you want to attack (take a right footed defender to the left before exploding into the space to his/her right)
- Use feints and disguises continually to “wrong foot” the defender and to keep him/her guessing

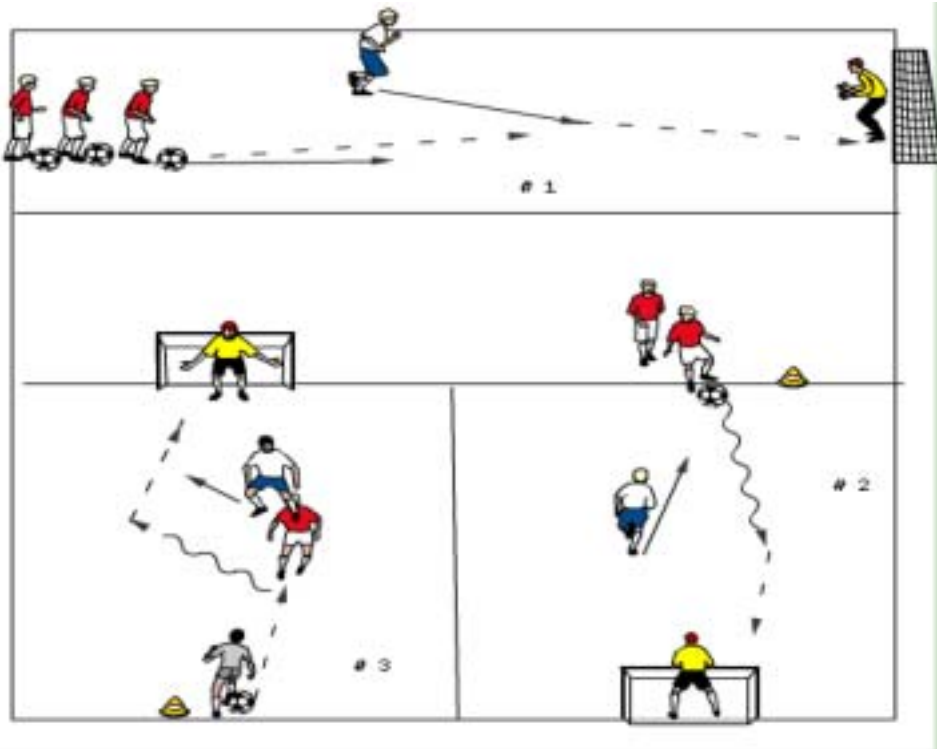
#### **Defending:**

- Close the space on the attacker
- Force the attacker away from goal or towards a teammate (to get assistance or to double team the attacker)
- Try to delay the attacker to give your teammates time to make recovery runs and assist (support).
- Time is a defender's friend and an attacker's enemy.
- Be “patient”.
- Do not dive in
- Try to win the ball when the opportunity arises, such as if the attacker loses partial or full control of the ball.

**NOTE 1! The grid size will depend on the age of the players.**

**NOTE 2! Coach attacking and defending techniques at every opportunity.**

## 1 V 1 Circuit



### Station 1

- The defender makes a pass into space where the attacker takes the ball and quickly shoots on goal

### Station 2

- The attacker must dribble past the defender to score

### Station 3

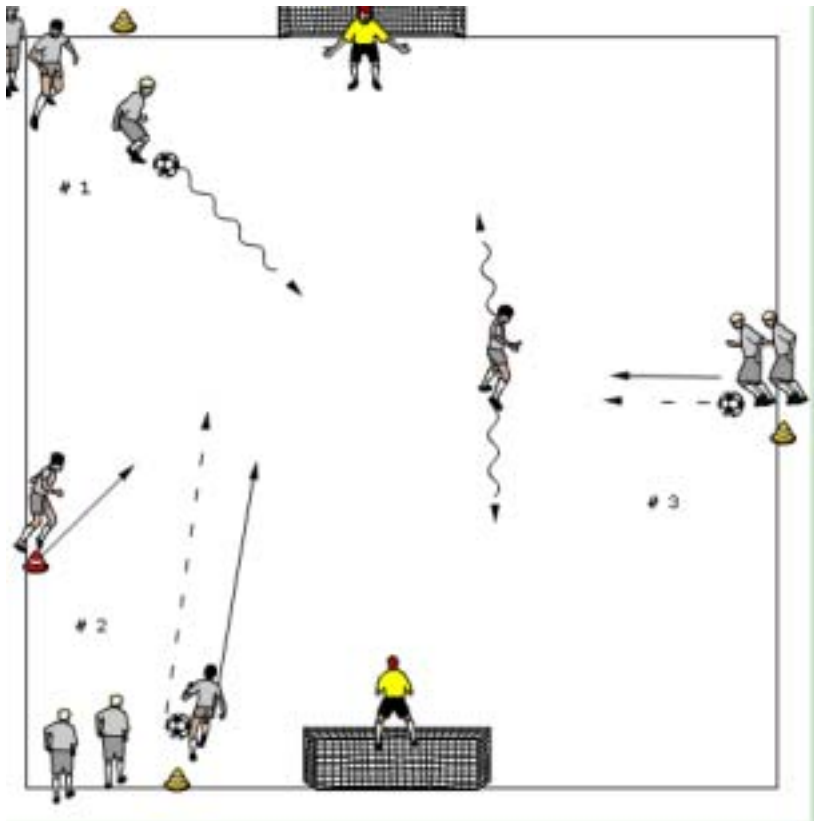
- The midfielder passes to the attacker who plays with back to goal and who must attempt to turn the defender and score.

**Note! Rotate player positions and move from station to station in circuit activities.**

### Coaching Focus

1. In 1 V 1 situations run at the defenders chest before make a move to beat him/her
2. Keep the ball close to your feet
3. With back to goal either feel the defender and turn on his/her weak side OR check out a few feet and come off the defender quickly at a diagonal angle to create space and receive the ball and turn to attack the defender
4. Defenders, in 1 v1 situations should slow down the attacker, force the attacker away from the goal and attempt to win the ball when the opportunity arises and most of all be "patient" because time is always on the side of the defender.

## 1 v 1 Finishing Circuit



### Station 1

- The attacker has 3 touches to dribble at pace and shoot against a keeper

### Station 2

- The attacker receives a ball from a defender and races away to score against the keeper before the defender can recover and defend

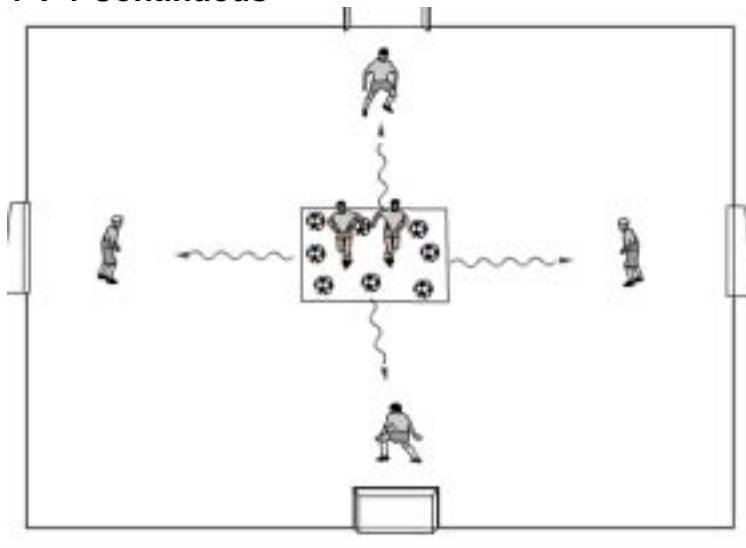
### Station 3

- The defender passes a ball to the attacker who attacks the defender at pace, show disguise and tries to score in one of the goals before the defender can recover to defend.

### Coaching Focus

1. Attack quickly.
2. Use feints and disguises to fool defenders.
3. Wait as long as possible before exploding past defenders.
4. Do not slow down when you have gotten by a defender. Good defenders never quit.
5. Finish with accuracy which is more important than power when finishing.

## 1 V 1 Continuous



### Set-up

- 40 x 40 grid (smaller for younger players) with a 5 x 5 center grid
- 2-4 players have a ball in the center
- 4 goals with a defender in front of each goal
- No goalkeepers

### Sequence

Players in the center select a goal to attack and attempt to beat the defender to score.

If the attacker scores he/she continues to be the attacker.

If the attacker fails to score or the defender wins the ball then the defender quickly runs to the center grid to become the attacker while the attacker becomes the defender.

### Variation

1. Advanced players may progress to having goalkeepers in goal
2. Advanced players may progress to 2 attackers against 1 or 2 defenders with or without goalkeepers
3. Increase or decrease the grid to reduce space for more advanced players.

### Coaching Focus

1. Attack quickly
2. Attackers should use feints and disguises to beat defenders.
3. Defenders should try to slow down attackers to gain time.
4. Defenders should try to win the ball as the attacker gets close to shooting range.