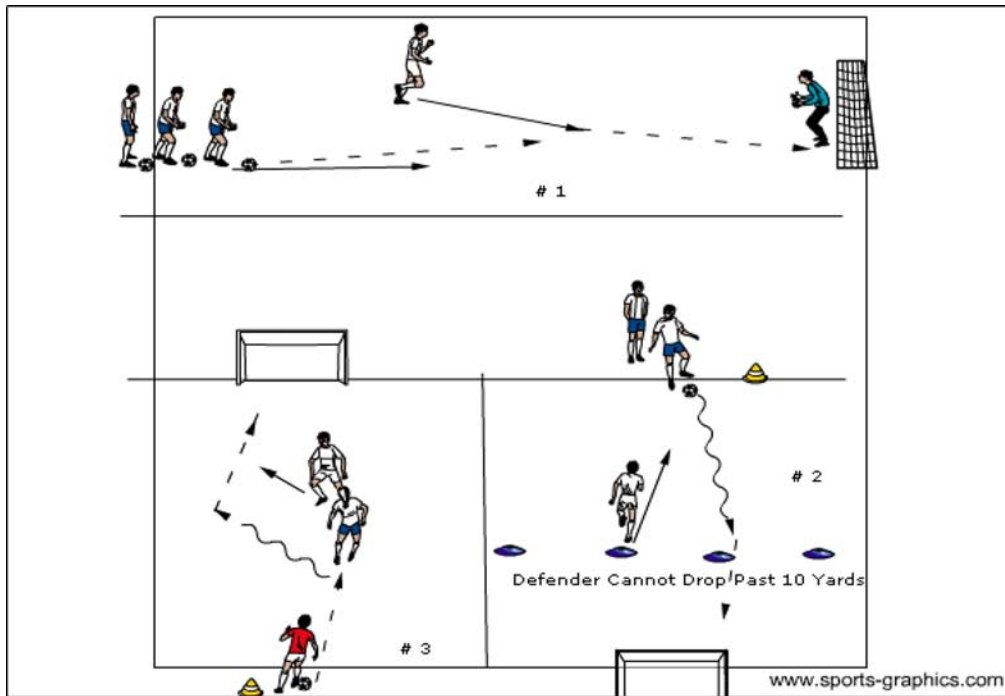


## 1V1 ATTACKING



### 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. The defender cannot drop farther than a designated (cones) line 10 yards from the goal line.

### Station 3

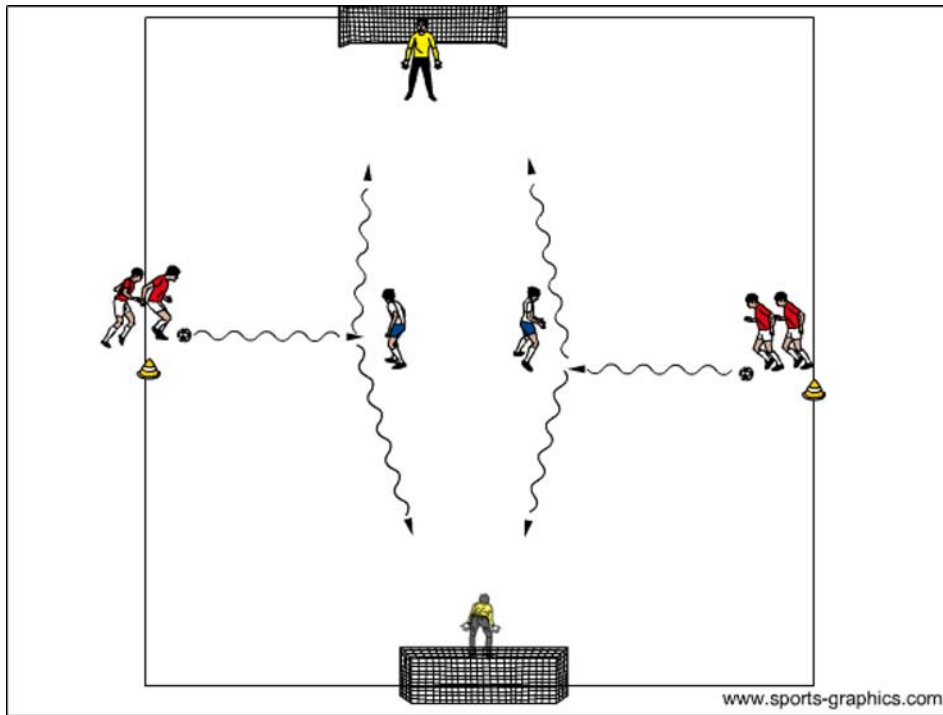
- The midfielder passes to the attacker who plays with back to goal and who must attempt to turn the defender and score.

**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.

## 1v1 CHOOSE A GOAL



### **Instructions:**

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