



# 1 v 1 Attacking

## Warm up



### Setup

- 10x10 m area
- each player has a ball

### Activity

- free dribbling within the area, using different techniques
- The coach assigns numbers to various moves

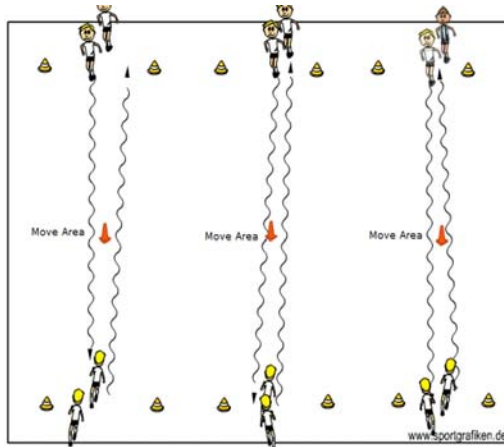
### Key Points to emphasize

- Keep head up, change of direction, change of pace, ball control
- Accelerate into space

### Variations or progression

- Add cones in the area, which the players need to attack, and feint around

## Introduction to Skill



### Setup

- Line drill setup, two lines with a cone in the middle of each line
- Each player has a ball

### Activity

- Players dribble to the cone, feint to one side, and continue to the other side-repeat for both sides

### Key Points to emphasize

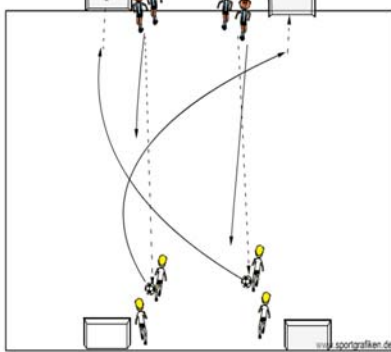
- Keep head up, change of direction, change of pace, ball control (keep close-1 m)
- Attack the cone with speed, change of direction with a change in speed
- Creativity

### Variations or progression

- Remove cone
- Passive defender passes the ball to the attacker, gradual increase in defending intensity

# 1 v 1 Attacking

## Intro to decision making



### Setup

- Line drill setup
- 10 x 30 m area, four goals
- balls

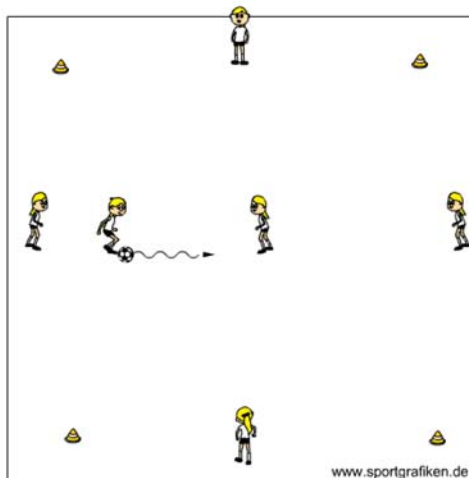
### Activity

- Defender passes the ball to the attacker and follows to actively defend (both lines simultaneously)
- Attacker tries to score on either of the goals
- Alternate defenders and attackers
- Keep score for competitive edge

### Key Points to emphasize

- Need to keep head up to avoid playing into the other players
- Attacking Mentality
- Attack the front foot of the defender
- “See the ball, See the player”
- change of direction, change of speed
- attack the space behind the defender

## 1 v 1



### Setup

- 10 x 30 m area(s)
- balls

### Activity

- 1 v 1 ( 1 minute each, then rotate)
- Defender passes the ball to the attacker and follows to actively defend
- Attacker tries to score by dribbling over the line
- Players outside the grid retrieve the balls and keep action going (encourage) for one minute
- For younger age groups, can number the players, and/or use shorter time intervals

### Key Points to emphasize

- Attacking Mentality
- Attack the front foot of the defender by faking towards their trailing foot
- “See the ball, See the player”
- change of direction, change of speed-explode out
- attack the space behind the defender



# 1 v 1 Attacking

## 1 v 1 to Goal



### Setup

- 10 x 30 m grid
- balls
- nets

### Activity

- defender passes the ball to the attacker and actively defends
- the attacker tries to score on net

### Key Points to emphasize

- Attacking Mentality
- Attack the front foot of the defender by faking towards their trailing foot
- “See the ball, See the player”
- change of direction, change of speed-explode out
- attack the space behind the defender

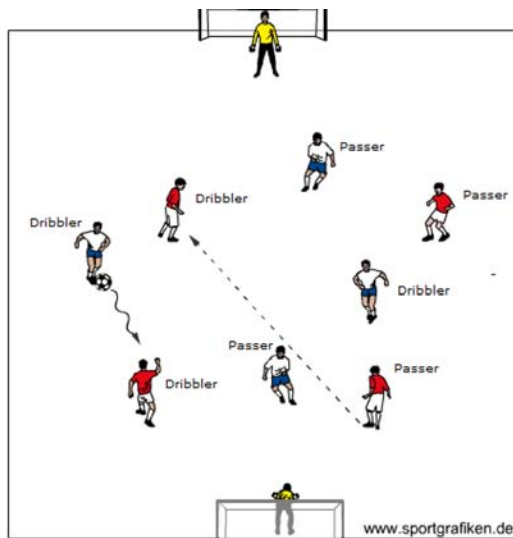
### Other Key factors to keep in mind

- Receiving
- Shooting

### Progression

- Use a goalkeeper
- Goal keeper serves the ball

## SSG



### Setup

- 40 x 40 area
- goals

### Activity

- 4 v 4 with GK
- passers and dribblers- dribblers must dribble, passers can do either

### Key Points to emphasize

- Attacking Mentality
- Attack the front foot of the defender by faking towards their trailing foot
- “See the ball, See the player”
- change of direction, change of speed-explode out
- attack the space behind the defender
- Decision to pass or dribble

### Variation

- No passing/dribbling condition
- Score when attacking a defender as well as on net



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