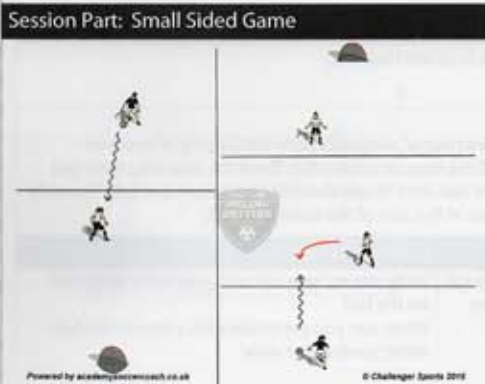
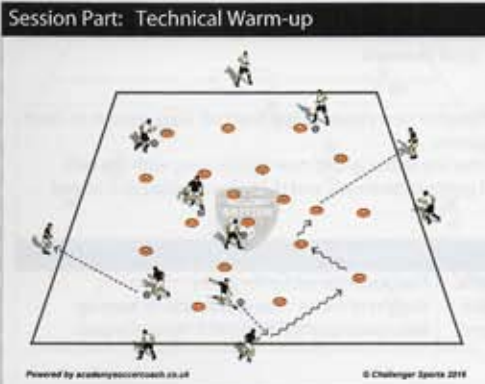


Topic: **1v1 Attacking**

Objective: **To become effective dribblers in areas of defender isolation (1v1)**



**Organization** **Time: 15**

Area: 25x25  
 Numbers: 12  
 Have cones scattered in the middle of the grid  
 Players have to dribble their soccer ball and perform 3 moves or turns on 3 different cones  
 After this they will pass the ball to a free player on the outside

Progressions	Coaching Points
Players perform a wall pass on the outside before changing positions	Close control and spacial awareness (head up) fast-slow-fast Effective moves and turns complete with use of body and explosion away

**Organization** **Time: 20**

Area: 20x20  
 Numbers: 10  
 1v1 to 1v1+1  
 Players rotate between the 2 grids. On the left the black attacker beats just 1 defender in restricted area to score, they then join the grid to the right which has 2 1v1 situations

Progressions	Coaching Points
Keep a count of goals and try to beat them after each period, coaching points should help enable this	Build up speed in 'free' areas Ball control after beating 1st defender; a heavy touch can put player under pressure from next defender Run at defenders to take them out the game

**Organization** **Time: 25**

Area: 25x40  
 Numbers: 6  
 3v3 to 4 goals  
 Teams of 3 attempt to score in 1 or 2 goals.  
 Large area with few players creates a lot of space to take on and beat players 1v1.

Progressions	Coaching Points
Add in a neutral player who plays on the other side of the ball giving an extra defender (3v4) to consider	When to attack space and when to draw in defender Weight of touches on approach and upon beating defender

**Organization** **Time: 30**

Area: Full Field  
 Numbers: 9v9  
 3-4-1 vs 3-4-1  
 Players will be paired against opposite number for 1v1's in all areas of the field

Progressions	Coaching Points
Goals worth double if a goal is scored after beating a player 1v1 Goals worth 3 if a goal is scored by beating a player 1v1 with a feint/fake	Encourage players to take defenders on in 1v1 situations Recognition of best area's to take on defenders