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1v1 Training Sessions

BASICS

Session – Basic Moves and 1v1 Tournament

This session focuses on 1v1, and foot skills needed to beat a player 1 on 1

Activity 1 – 4 v 4 or 3 v 3 scrimmage (will probably need to create 2 fields)

Let them play for about 5 minutes without coaching or guidance. After 5 minutes bring them in and ask them the below guided questions.

Question 1 – What are some basic things you need to do to beat a player 1 on 1

Answer – Change direction and change of speed

Question 2 – How do you defend a player 1 on 1

Answer – Force them away from the goal and into pressure (defensive help)

After your guided questions, let them play for a few more minutes with a focus on when to take on a player 1 v 1. You can now do some coaching and use key words to remind them to use a good first touch.

Activity 2 – Basic Foot skills to try

Pull Back - This is one of the first moves any soccer player learns. Begin with the ball between your feet. Fake as though you are going to kick the ball forward, but instead, put the bottom of your cleat on top of the ball and roll it back to you. This will create space between you and the defender, who has bought into your original fake and is running downfield. This can allow you to make a move in another direction since you have created space between yourself, and the defender and you have time to advance the ball.

Chop - Dribble forward to start the chop move. Give the ball a bit of a push forward, then plant your left leg (for right-footed players) as if you were preparing to take a power shot or a cross. Continue the look of shooting by winding up with your right leg and left arm. Instead of blasting the ball, chop across it into space and continue to advance the ball.

Stop and Go - This is a move to make when you are dribbling the ball downfield and you want to lose the defender who is marking you closely. If you are going at top speed for at least 15-yards and you have not been able to open up any space, stop immediately and use your dominant foot to control and stop the ball. As soon as the ball is under control, take that foot and change your angle of advance. You are still going downfield, but you are changing direction. If you are on the right side of the field, cut hard to the left. It will take your defender at least a second to react, giving you time to pass to an open teammate or cut to the goal for a shot.

Inside Hook - An inside hook is aimed to create side-to-side space. When dribbling one way, hook your foot around the ball and use the knuckle of your big toe to drag the ball back at a sharp angle in front of the beaten defender.

Outside Hook - When dribbling to one side, reach around the ball with your inside foot, and use the knuckle of your pinky toe to drag the ball back in front of the defender.

Step Over

1. Turn your body angled in the direction you are faking to go
2. Bring dominant leg around front of the ball (step over the ball)
3. Touch in opposite direction, away from defender, with outside of other foot
4. Change Pace

Activity 3 - 1v1 tournament

Break the team out into 2 or 3 groups of like skilled players. Have a 1 v 1 tournament within those groups, that way players are playing within their own skill level

Set up multiple fields about 10-yards in length. Play for about 3 minutes and have the players keep score.

After 3 minutes have the players rotate so that they play a different opponent within their group.

Have them focus on making moves, changing direction, keeping the ball close and changing pace.

Defensively, have them focus on keeping the player to the outside and taking away the middle. Don't let them attack the goal

Make it fun but also competitive. Encourage them to be creative and experiment with new moves

Activity 4 - Scrimmage with focus on 1v1

Don't encourage selfish play but encourage creativity. Taking a player on 1 v 1 is fine, but also encourage them to make the easy pass if that is the better option. Get them to recognize when to dribble and when to pass.

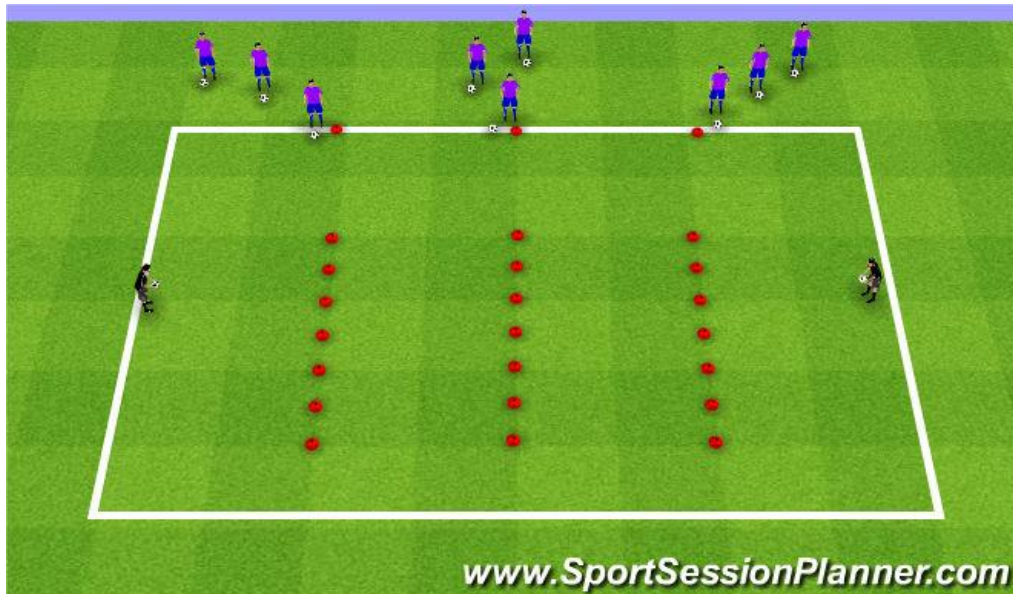
Rule of 3

If you beat the first defender, you are good, now pass or shoot the ball.

If you beat the second defender, you are lucky, so pass or shoot the ball.

The third defender will get you every time.

Session – 1v1 Defending



Set Up (Picture Above)

Set up three lines with cones

- 1- In and out using best foot
- 2- In and out using weak foot
- 3- In and out using both feet
- 4- In and out using outside of foot only
- 5- In and out using inside of foot only



Set up (Picture Above)

Set up two grids, 25m x 10m with a goal at either end.

Structure

One Attacker, One defender. The attacker with the ball is placed slightly ahead of the defender. The attacker must dribble through the cones while the defender must run around the outside cone and then defend. Ensure all players have a turn in being the defender.

Session – 1v1 Defending (Continued)

Emphasis

Defender must close the attacker down quickly when the ball is moving
Can the defender intercept the ball?
Defender to be touch tight. low and balanced
Defender must watch the ball
Defender to be patient and under control, forcing the attacker backwards
Correct timing of the tackle



Small Sided Game (Picture Above)

Set up

Players placed on a field 35m x 20m into teams of 3v3 or 4v4

Procedure

If the ball goes out of the field players can make the decision to either pass or dribble in, Once the ball has been saved or gone out for a goal kick, the defensive team must retreat to the halfway line, Allow the players to play

Emphasis

Dispersal
Support/Depth
Mobility
Penetration
Individualism
High Tempo

Session - Defending 1v1 - Preventing the Turn



Partners Ball Mastery (Picture Above)

Organization:

2 Players 1 ball, 12-15 yds apart

Instructions:

Players pass with their partner

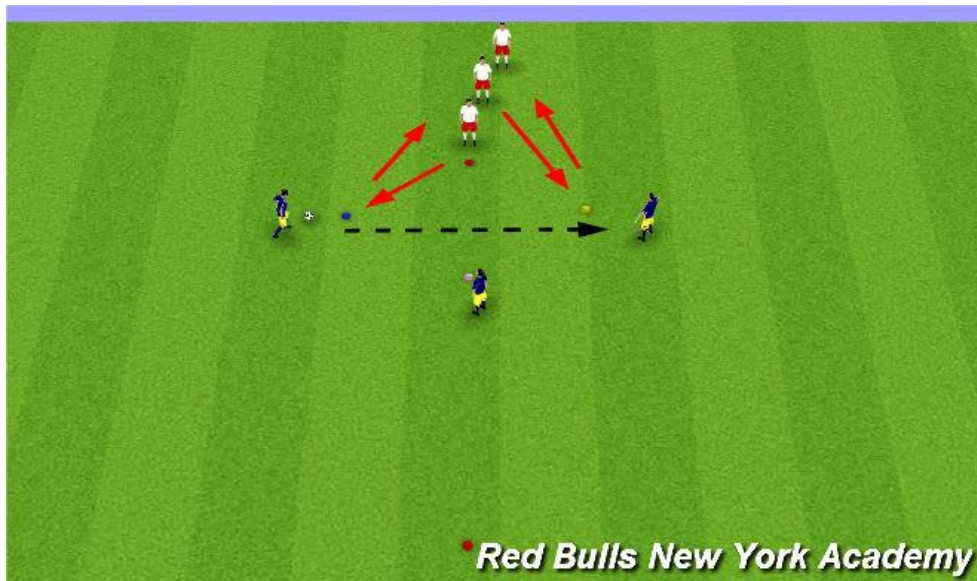
Receive with instructed surface of foot and perform ball mastery skill before passing back to partner

Coach will vary ball mastery skills (i.e., L-turn, U-turn, V-turn)

Coaching Points:

quality of dribble, or touch and pass

Progressions:



SAQ (Picture Above)

Organization:

As above (x 3 stations)

Instructions:

Session - Defending 1v1 - Preventing the Turn (Continued)

Players move as quickly as possible from their starting point to the attacking player in possession, and player recovers back into line when ball is passed to the next attacker.

Attacking player performs 2 or 3 ball mastery moves before passing the ball to one of the other attackers.

Next defending player closes down the 2nd attacking player as the ball is passed.

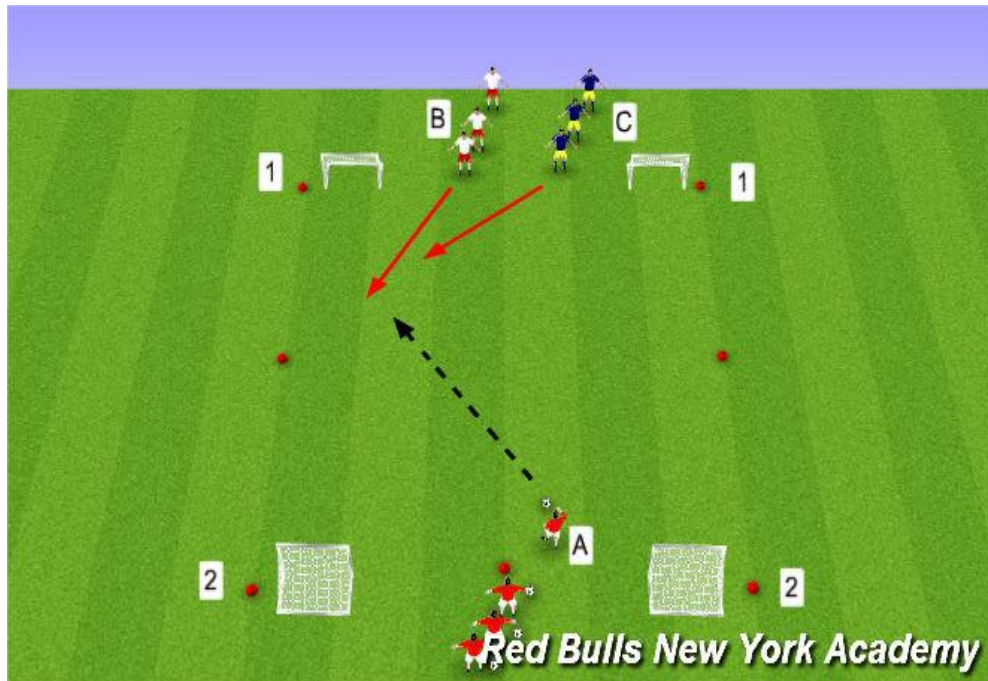
Rotation continues until each defender has closed the ball down 3 times. After 3rd repetition, defending player sprints forward to furthest cone to finish the cycle.

Switch roles and repeat with new group as defenders.

Each group should rotate through each role minimum of 3 times

Coaching Points:

- Speed of reaction
- Speed of footwork (small quick steps)
- Body shape



Technical (Picture Above)

Organization:

As above

Instructions:

- A takes a touch out of feet to begin game
- B is the attacker. A passes to B upon B's command
- C is the defender. C can also move on A's touch
- B is looking to score in the goals marked 1
- If C wins the ball, they are looking to score in the goals marked 2
- Play game until at goal is scored or the ball goes out of bounds
- Next ball plays immediately
- Play for 90 seconds, and then rotate roles.

Coaching Points:

- Speed of reaction of defender
- Get touch tight
- Option 1 - Intercept pass and go to goal
- Option 2 - Spoil the pass (poke ball away)
- Option 3 - Prevent the turn and be patient
- Body position and physicality
- Eyes on the ball
- Mentality to win the ball

Session - Defending 1v1 - Preventing the Turn (Continued)

Progressions:

- 90 seconds per station. Keep score and make it a competition.



Conditioned Game (Picture Above)

Organization

4v4 game. 2v2 in each half. Players cannot leave their half of the field.

Play one goal games, winners stay on.

Coaching Points:

- Awareness of what we are defending (the goal)
- Starting position (deny penetration but be close enough to cover press opponent as ball travels)
- See the ball and the opponent
- Quick pressure as ball travels
- Anticipation to intercept if the pass is a poor one (under hit or inaccurate)
- Transition upon winning ball
- Rest defense when team is attacking



Small-Sided Game (Picture Above)

Organization:

4v4, regular rules. Offsides are in effect.

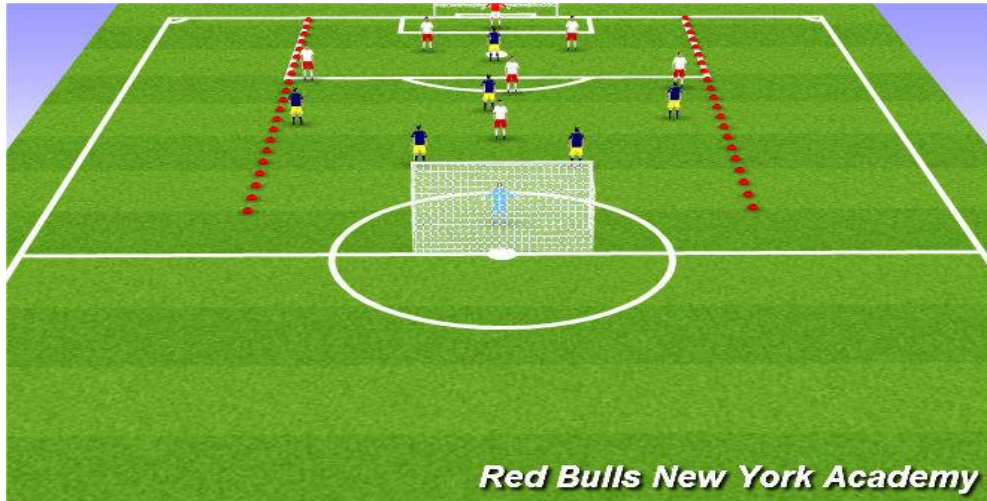
Session - Defending 1v1 - Preventing the Turn (Continued)

Instructions:

One goal or 2 mins. Winners stay on. Track each team's points (three for a win, one for a tie)

Coaching Points:

- Shape as a team when defending (compact)
- Organization (who is accountable for who)
- Good 1v1 defensive technique
- Quick reactions in the moment of transition
- Rest defense when attacking



Free Play (Picture Above)

Organization:

GK-2-3-1 formation for both teams, use edge of 18yd box for field width

Instructions:

Free play

Coaching Points:

team shape and balance
technical ability to receive based on pressure
decision to possess vs penetrate

Progressions:

INTERMEDIATE-ADVANCED

Session – 1v1 Moves

Activity 1



1v1 Moves (Picture Above)

Moves: - See Basic Session for How to perform moves

1. Pull Back
2. Chop
3. Stop and Go
4. Inside Hook
5. Outside Hook
6. Step Over/Scissors



1v1 Lose your man (Picture Above)

Play 1 v1 against opponent using the moves you practiced above

Session – 1v1 Moves (Continued)

Objective is to beat the player 1v1 and dribble through the goal (no shooting)



1v1 Pressure from behind (Picture Above)

Red player starts behind the blue wall (or dummy players) and shows for the ball on an angle to receive and turn.

Once the ball is passed the yellow defender runs out to defend and prevent the receiver from scoring on the ONE POINT gates to the left and right or the TWO POINT endzone

If defender steals the ball, he dribbles to the opposite red end zone

Rotation:

Passer becomes receiver

Receiver becomes defender

Defender becomes passer

Coaching points:

Show for the ball with body shape sideways on

look over your shoulder before receiving to determine space

show with speed

positive first touch out of feet

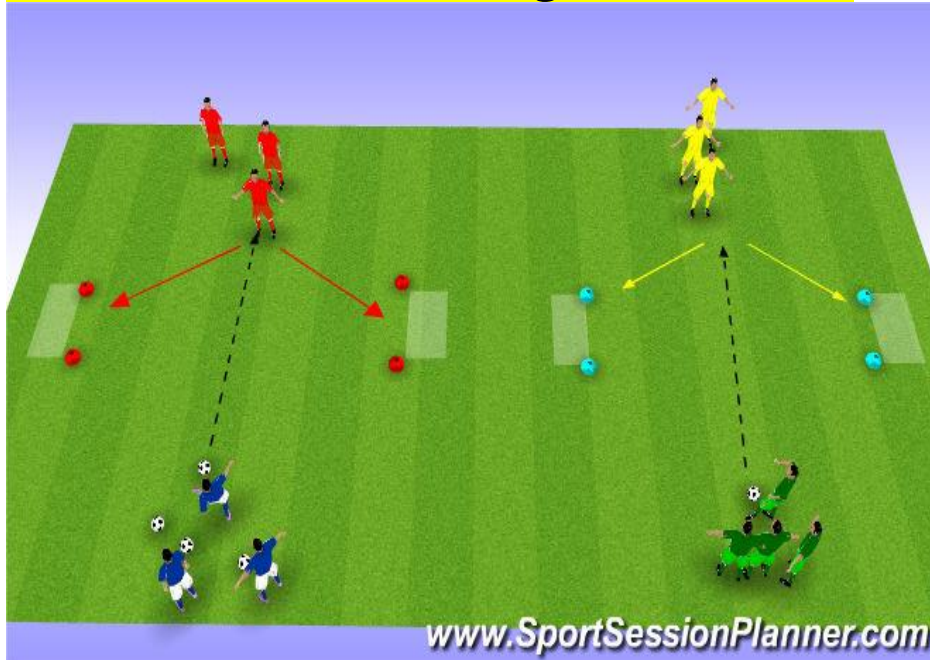
firm pass from the passer

Defender close down space as quickly as possible

deception and fakes to beat the defender 1v1

defender - counter with speed upon regain

Session – 1v1 With Change of Direction



1v1 Change of direction (Picture Above)

Blue passes to red

red has to beat the blue player 1v1 to score on goal (on the sides) by faking and changing direction

coaching points

- show for the ball on an angle
- first touch into space
- use skills worked on in training



Pass and follow (Picture Above)

Session – 1v1 With Change of Direction (Continued)

player 1 to player 2

player 2 to player 3

player 3 dribbles at the blue wall and beats it 1v1 and shoots on goal

passing technique

- toes up
- ankle locked
- follow through (Brazilian hop)

Receiving

- open up
- drop away from the blue wall to create separation

1v1

- implement the moves that we have worked on with speed

Finishing

- drive the ball with laces
- toes down
- ankle locked
- follow through



Small Sided with Outside Help (Picture Above)

1v1 + 1 CM + 2 Wingers

1v1 in the middle box

1 attacking CM who supports the player on the ball

2 wingers on the side

60 second games

switch the point of attack using u turns, stepover to lose your man

every time the ball is switched you get one point

can use your CM to keep possession. CM can switch it out as well