

Description

In this session we will focus on three different versions of winning a 1v1. First is the direct, dribbling at the defender. Second will be a dribble on a turn to beat the defender. Third will be maneuvering enough to create space for a pass/shot.

1v1 - Direct (10 mins)

Setup: create 5 yard wide lanes for your teams. Lengths should be dictated by age and ability. Longer for older and more technical kids. Minimum of 10 yards long. Your team will be in groups to limit length of queues. Ideally, you'd want 2 kids waiting on each side. So each lane would have 6 or so kids. So 2 lanes for groups of 12, three lanes for larger groups.

Activity: offensive player dribbles into the rectangle and beats the defender by dribbling into the net. We are not encouraging passes through or shots at this point. If the defender wins the ball, they should attempt to PASS the ball to the offender waiting in line to end the play. After the play is ended by goal or pass back, the offensive player joins the defensive line and the defensive player joins the offensive line (after getting their ball). If possible, try to have one of the lines also rotate to the next lane to avoid players going against the same opponent repeatedly.

Coaching: First, focus on small, controlled touches. Second, players should work on exploding out of whatever move they attempt. Even if the move is just a sudden change in velocity. The best elastico in the world is no good if the offender doesn't explode past the defender. Third, try to integrate a deceptive move before the actual move. Fakes, jukes, head and hip feints are all great.



1v1 - Turn 90 degrees (10 mins)

Setup: I've only shown one field here, but you'll want 2 or 3 total. Create a square about 10 by 10. Maybe 15 by 15 for older players.

Activity: Active blue and yellow players start in center of the square, try marking it with a cone if necessary. Blue offensive player in waiting plays the ball to the active blue player. Blue player tries to turn to the goal that's to the left or right and dribble in. Again, not a pass or shot. If needed, add the rule: Yellow cannot touch the ball first.

Coaching Cues: This activity focuses the action onto the second (explode) and third (deception) coaching points. Here, moves are not super useful. However, exploding toward the chosen goal is necessary. Also, keeping the defender behind you is easier if they don't know what direction you're going. Another good cue to add for older players is that they should be constantly checking their shoulder and using one hand to create separation and non-visual ideas of their defender.



1v1 - Create Separation

Setup: I've shown two different versions of the same drill (pick one). The one on the left is less difficult. Both use a 5 yard wide lane and are 10 yards long.

Activity: The goal here is for the blue player to create space for themselves to pass the ball into the goals (rather than dribble). In the easy version, create a line that the player must cross in order to pass, otherwise, they'll try to just smack it from the beginning. In the harder version, the play starts similar to the previous activity where the ball is played in. The receiving player must try to beat the defender on the turn, or create enough space with their first touch to give themselves room.

Coaching Cues: As the defender can now afford to give the blue player some extra space (because this isn't fully 1v1) the action is focused more on the third cue. Deception is incredibly helpful here. A fake pass, or a feint can throw the defender off just enough that you can squeeze the ball into the other goal. Celebrate fakes and feints. It's something we don't see a lot of and something that great players do constantly.



