



1v1 Attacking & Defending

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

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Description

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Warmup

Free Dribble

Organization:

- Free dribbling exercise. Every player has a ball.

How to Play:

- On coach's signal, perform attacking moves and dribbling patterns.

Coaching Points:

- Keep ball close to feet while dribbling
- Head up to scan the field
- Dribble with speed after performing moves

Progression:

Add Defenders



Skill Development

Skill Development 1v1 Attacking & Defending Activity

Isolated continuous 1v1s

Organization:

- Groups of 2. One ball per group.
- Set up a pair of cones 8-10 yards apart.

How to Play:

- 1v1 from cone to cone.
- Start with passive defending, progress to full pressure.

Coaching Points:

- Attacking player, use take-on moves
- Defending player, keep your body at an angle & keep ball in front of you



Final

Small-Sided Games: 1v1

1v1 activities help your players improve their core soccer skills in attacking and defensive situations. The 1v1 is the most critical part of the game. Players always need to be ready for these situations, since they are so common.

Organization:

- 1v1 with GKs

Coaching Notes:

- Attacking player, go to goal quickly.
- Defending player: High pressure, Force attacking player to the outside, Try to win the ball.

