



1v1 Principles

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

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Description

IAS Special Topics Clinic 3/13/18. Play-Practice-Play Philosophy. 1v1 Attacking & Defending. Training session to improve 1v1 ability on both sides of the ball.

Play

Continuous Free Play

4v4 SSG. Adjust to numbers. No restrictions.
Just Play!

Organization:

- See Diagram.
- Use GKs if able.

Coaching Notes:

- The theme of practice is 1v1 attacking and defending, so that needs to be the focus of this SSG. Encourage your players to keep the ball and take on defenders.



Practice

Dribbling Activity

Objective is to improve dribbling ability at speed while working on different attacking moves. Players dribbling at the middle cone simultaneously gives the players the illusion of a defender. Progress to adding a passive defender at the middle cone.

Organization:

- See Diagram.
- Two players at each end cone. Set up as many groups as needed.

How to Play:

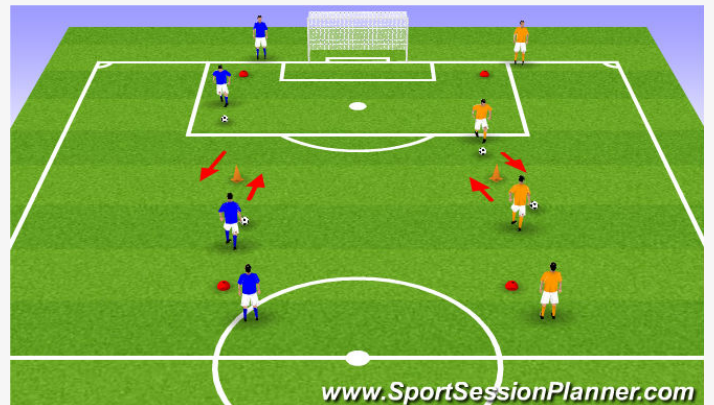
- Players from each end cone dribble simultaneously to the middle cone, perform designated attacking move, then dribble to opposite end cone.

Progression:

- Add a defender at the middle cone, passive to full pressure.

Coaching Notes:

- Demand game speed once comfortable.



Play

Final Game

SSG with a focus on 1v1s.

Organization:

- See Diagram.
- 6v6 + GKs. Adjust to numbers.

Coaching Notes:

- Attackers, go straight at defender and use deception with the ball.
- Defenders, stay side-on and in front of the ball.



