



# 1v1 Session

Category: Technical: Attacking skills  
Difficulty: Moderate

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## Description

1v1 Session. March 2017. Appropriate for all age groups, U9 & above.

## Warmup

### Grass / Turf Monsters

Fun warmup involving continuous 1v1 situations.

#### Organization:

- Field size appropriate to number of players.
- Every attacking player needs a ball.
- Try to have enough defenders to equal half the amount of attackers.

#### How to Play:

- Attacking players dribble freely. When approaching a defender, perform an attacking move or a turn to beat them 1v1.
- Defending players, try to win the ball.
- If defender wins the ball, try to keep it. If able to take 3 dribbles, they turn into attacking player.

#### Coaching Notes:

- Keep ball close to feet.
- Stay balanced when performing moves.



## Activity

### 1v1 Gates

Activity with multiple goals. Gives players different scoring options.

#### Organization:

- Groups of 2 players, one attacker and one defender.
- Set up multiple gates (cone goals) around the field.

#### How to Play:

- Multiple groups play at same time.
- Objective is to beat defender and dribble thru a gate.

#### Coaching Notes:

- Dribble at speed after beating defender.
- Focus on attacking moves and turns.



## Final

### 1v1 to Goal

Final game with 2 goals, to encourage transitional play.

#### Organization:

- See Diagram

#### How to Play:

- Coach serves ball. Play 1v1 to goal.

#### Coaching Notes:

- Go forward immediately, do not hesitate.
- Try to beat defender 1v1 to create space for a shot on goal.

