



1v1 Games

Category: Small-Sided Games
Difficulty: Moderate

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Description

January 2017: Dribbling activity & SSGs to improve 1v1 ability

Warmup

Free Dribble with Defenders

Progressive warmup activity to prepare for the session.

Organization:

- Grid size appropriate to number of players.
- Every player starts with a ball.

How to Play:

- Players dribble freely within the grid, performing attacking moves on the coach's signal.

Progression:

- Add 2 or 3 defenders. Attacking players must perform move or turn when approaching a defender. If defender gains possession of the ball, those players switch roles.

Coaching Notes:

- Focus on performing skills with quality.
- Perform move with enough time and space to beat defender.



Small-Sided Activity

1v1 Activity

Continuous Activity to improve 1v1 skills

Organization:

- Small grid. Size dependant on the age group.
- 6 players in each grid. Number of grids depend on amount of players.

How to Play:

- Objective is for attacker to beat defender and complete a pass to player on opposite side.
- Defender tries to force attacker to the outside or win possession of the ball.

Variations:

- Defender stays until they win the ball.
- After each round, switch both players.
- If defender wins ball, send in a new player.

Coaching Points:

- 100% work rate



Final Game

1v1 Zones

Activity with two 1v1 zones (areas)

Organization:

- 10x10 or 15x15 playing area.
- Divide field into 2 zones.

How to Play:

- 2 players in each zone, 1 from each team.
- 1v1 in each zone. Goal may only be scored from the attacking half of the field.

Coaching Notes:

- Create space to either pass to teammate or for shot on goal.
- Defenders, press the ball and force attacker to sideline.

