


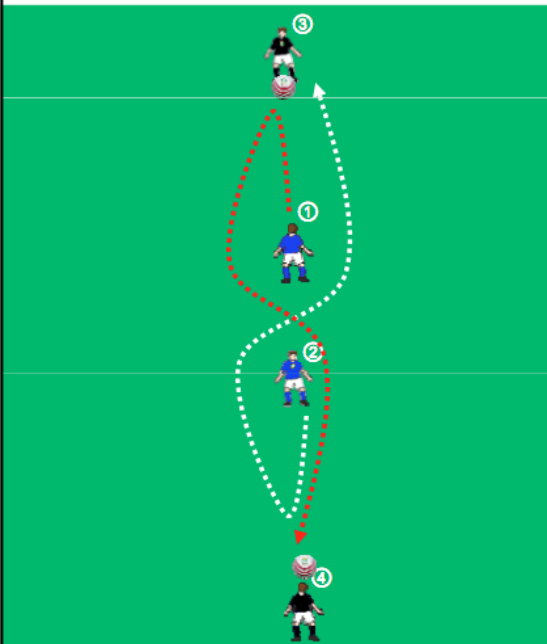


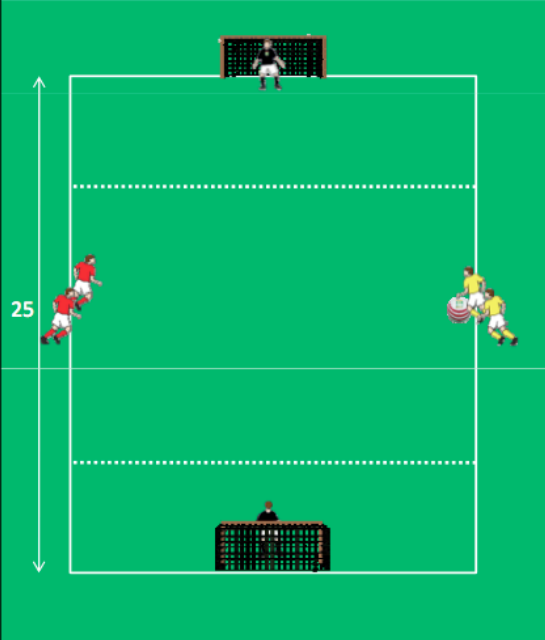
Practical 3

"1v1 (a)"

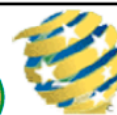
Drill 1	
Topic	1 v 1 (A)
Exercise Purpose	Full Pressure
<p>Set Up: Reds Attackers Blacks Defenders Coach with balls Two goals each end</p> <p>Action: On signal the 1st players from each team sprint around and into the field between the two opposite end goals. The Coach passes to the designated Red attacker who takes on black and tries to score by penetrating the shooting zone and shooting into one of the small goals. If Reds wins the ball he can score at the opposite end</p> <p>Coaches Tip Players Tip Make Harder Make Easier.</p>	

Drill 2	
Topic	1 v 1
Exercise Purpose	Learning the Movements
	
<p>Set Up: Players in 4's each with a ball Pairs face each other</p> <p>Action:</p> <ul style="list-style-type: none"> • Players facing each other, in pairs two yards apart, jogging on the spot • On coaches command players perform 1v1 move and finish up opposite on opposite side of cone <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 3	
Topic	1 v 1
Exercise Purpose	On the move
	
<p>Set Up: 4 Players 10 yards apart End Players start with the ball</p> <p>Action:</p> <p>3 and 4 pass to 1 and at the same time. 1 and 2 control towards 3 and 4 and then makes a COD in from of 3 and 4. 1 and 2 crosses each other whilst doing a move. 3 and 4 immediately goes forward as a limited pressure DF towards 1 and 2. 1 and 2 to do moves to go past 3 and 4.</p> <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 4	
Topic	1 v 1
Exercise Purpose	Combination Option
	<p>Set Up: Players in pairs 15 yards apart Two Goals each end with GK</p> <p>Action: Reds start as defenders Pass to Yellows Receiving player one touch lay off then overlap Team mate option pass or go it alone Can score in either Goal after entering shooting zone</p> <p>Coaches Tip Players Tip Make Harder Make Easier</p>

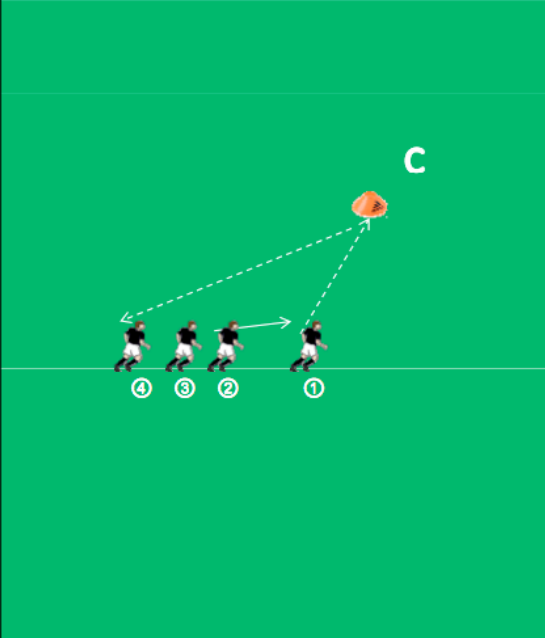
Drill 5	
Topic	1 v 1
Exercise Purpose	When and Where
	<p>Set Up: Two teams either side of Field 1 v 1 in middle</p> <p>Action: Start by both players touching the ball with the inside of their right foot. Start on coach's call. If player scores, the scorer has to run back and touch his own goal before they can start to defend. If a goal is scored, the coach will give out new ball for the non-scorer to attack before the scorer can start to defend. Can only shoot after the half way line. The resting players stands around the grid and act as a wall kicking back any balls which are likely to go out of the grid.</p> <p>Coaches Tip Players Tip Make Harder Make Easier</p>

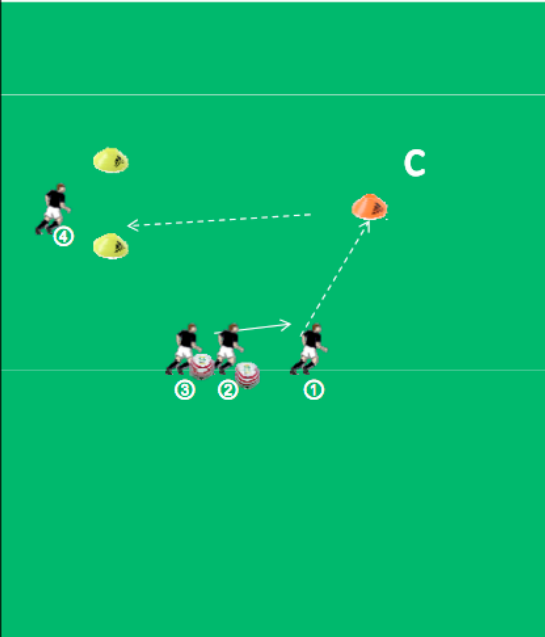


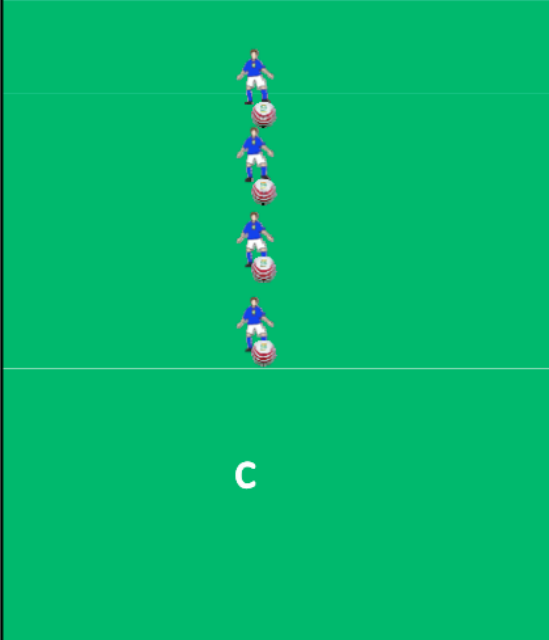
Practical 4

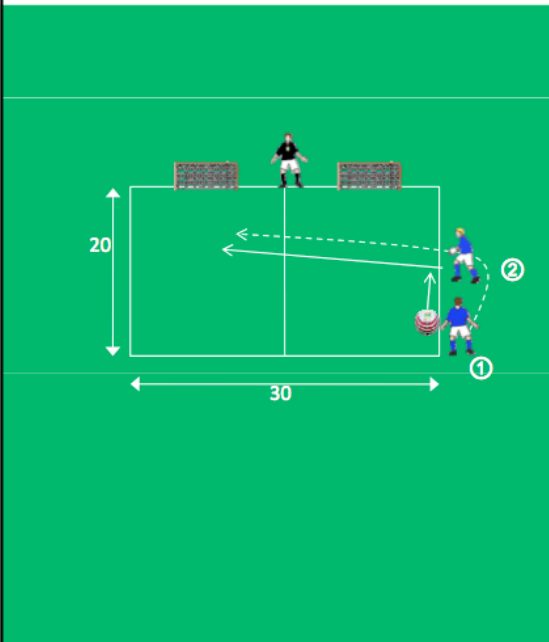
"1v1 b"

Drill 1	
Topic	1 v 1 COD
Exercise Purpose	Full Pressure
	<p>Set Up: 3 v 3</p> <p>Action: Player can score in either end Goals</p> <p>Coaches Tip Players Tip Make Harder Make Easier</p>

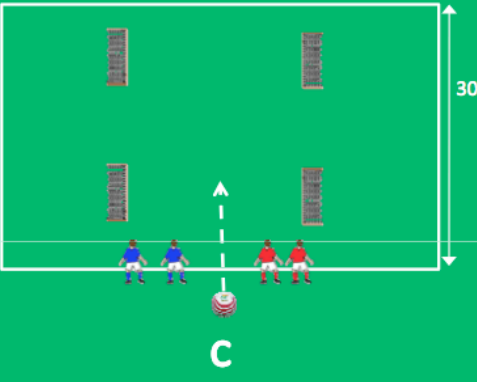
Drill 2	
Topic	1 v 1 COD
Exercise Purpose	Perfect Move
	
<p>Set Up:</p> <p>4 Players, 3 with a ball, side to side</p> <p>Action:</p> <ul style="list-style-type: none"> • Black2 passes to Black1 • Black1 takes first touch towards the cone • Black1 uses the cone as a defender and turns away with the ball, accelerating to the back of the line • Black3 passes to Black2 • Black2 uses the cone as a defender and turns away with the ball, accelerating to the back of the line • Players continue to rotate as above <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 3	
Topic	1v 1
Exercise Purpose	Using 1 v 1 to shoot
	
<p>Set Up:</p> <p>4 Players 2 with ball One player stands behind mini goal</p> <p>Actions:</p> <ul style="list-style-type: none"> • Black2 passes to Black1 • Black1 takes first touch towards the cone • Black1 uses the cone as a defender and turns and tries to shoot through the mini goal, then takes his position behind mini goal • Black4 collects the shot and goes to line to start as attacker <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 4	
Topic	1 v 1
Exercise Purpose	Teaching the option
	
<p>Set Up: 4 players in a line ,each with the ball, facing the coach</p> <p>Action: On Coaches Signal players go one by one and make the "option" 1 v 1 in the middle then sprint to back of line</p> <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 5	
Topic	1 v 1
Exercise Purpose	Using either option to create a scoring opportunity
	
<p>Set Up: Players in pairs Defenders with ball</p> <p>Action:</p> <ul style="list-style-type: none"> • Blue1 passes to Blue2 and overlaps Blue2 to defend the 2 goals • Blue2 must cross the centre line in 2 touches and then can score in either goal • Blue1 defends with full pressure • Players swap positions after each attack • Introduce a GK who can protect both goals <p>Coaches Tip Players Tip Make Harder Make Easier</p>	

Drill 6	
Topic	1 v 1
Exercise Purpose	Options, speed, 1 v 1 Pass: player decision making



Set Up:
4 Goals

Two teams either side of the Coach

Action:
Coach calls number for players, 2,3 or 4 of each team to play to score in any goal.

Coaches Tip
Players Tip
Make Harder
Make Easier