

Exploit the 1v1

Indoor Week 1 | Pool Session



Week Objectives:

- Give tactical & technical direction in attacking in 1v1 situations
- Encourage players to experience and enjoy the game

Tactical Principle: Exploit the 1v1

- Attack defender's front foot with speed to spin the defender or create space to pass or shoot
- Accelerate past the defender and cut off the route to goal

Counter Principle: 1v1 defending to prevent dribble, cross, or shot

- Close down the ball carrier side on to force in one direction
- Anticipate large touch to dispossess opposition
- Anticipate shot or pass to block or tackle with the back foot

Technical Principle: 1v1 Moves

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender

Tech Warm-Up: 1v1 Moves



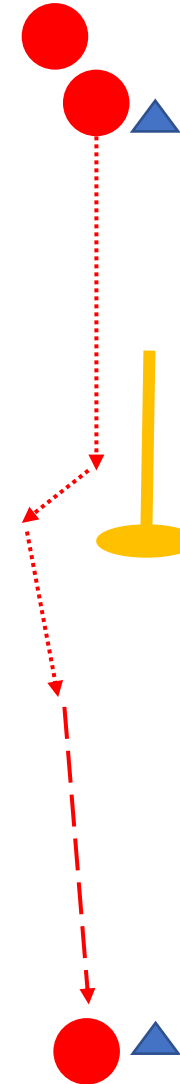
Time	15
Sets & Set Length	5x2 min (1 min rest)
Teams or Grid Numbers	3-5 players per station
Number of Grids	2-4
Dimensions	Use full width of indoor field

Rules:

- 3-5 players per station – dribble at pole and do 1v1 move to beat defender
- Insist on use of both feet
- *Progression: all players must do... scissors, Messi feint, etc*

Coaching Points

- Familiarize yourself with one or two key moves to do in a game setting
- Attack the front foot - either spin the defender, or create space & use it
- Make the move at the right time, don't wait until you are right on top of the defender



1v1 to wide gates



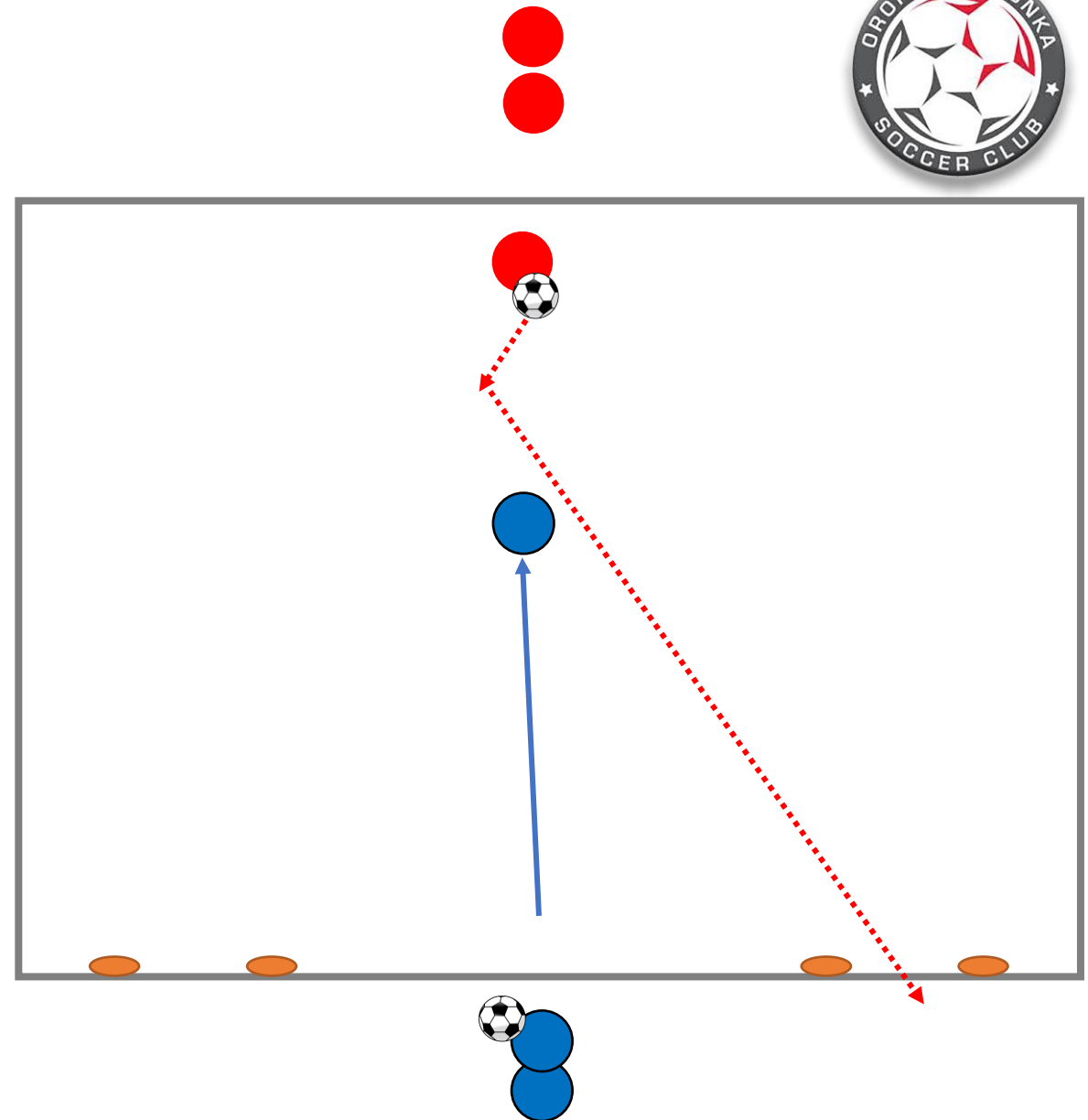
Time	15
Sets & Set Length	6 x 2 minutes
Teams or Grid Numbers	2 even groups
Number of Grids	2 (Ideally 5-8 players per grid)
Dimensions	15x15yards

Rules:

- Blue passes to red, then defends
- Red scores by dribbling between one of the two gates
- If blue wins the ball, passes back to team for a point
- Team attacks for 2 minutes, then defends for 2 minutes
- *Progression: scoring on 1 gate is worth 2, whereas scoring on the other is only worth 1*

Coaching Points

- Directional first touch – where does first touch take you?
- Use different surfaces of the foot to dribble past defender
- *Counter Principle: Use angle of approach to limit attacker's option to one gate*



Final Game



Time	20
Sets & Set Length	3x6 minutes
Teams or Grid Numbers	5v5
Number of Grids	1
Dimensions	# of players x (8 yds long, 6 yds wide)

Rules:

- All FIFA rules: throw ins & corner kicks allowed
- *Progressions: weak foot goal =2pts, 1 touch goal =2pts*

Coaching Points/Observation Questions:

- Observe: how many times do players attempt & successfully complete 1v1s?
- Reinforce tactical and technical points?

