



1V1 COMPETITION

Emphasis:

This game is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.

Game Info:

This is for ages U6-U14. It is best run with at least 6 players but no more than 10 players. The game should be run approximately 20 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys

Setup:

Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal. Place a cone about 25 yards from the goal. 1 team defends by the goal and the other team attacks by starting at the cone 25 yards from goal. Each team plays for 5 minutes.

Instructions:

The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

Progression:

- Play 2v2
- Make players "beat" the defender before shooting (no 25 yard bombs)

Coaching Points:

- **Offensive:** Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance.
- **Defensive:** Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.