

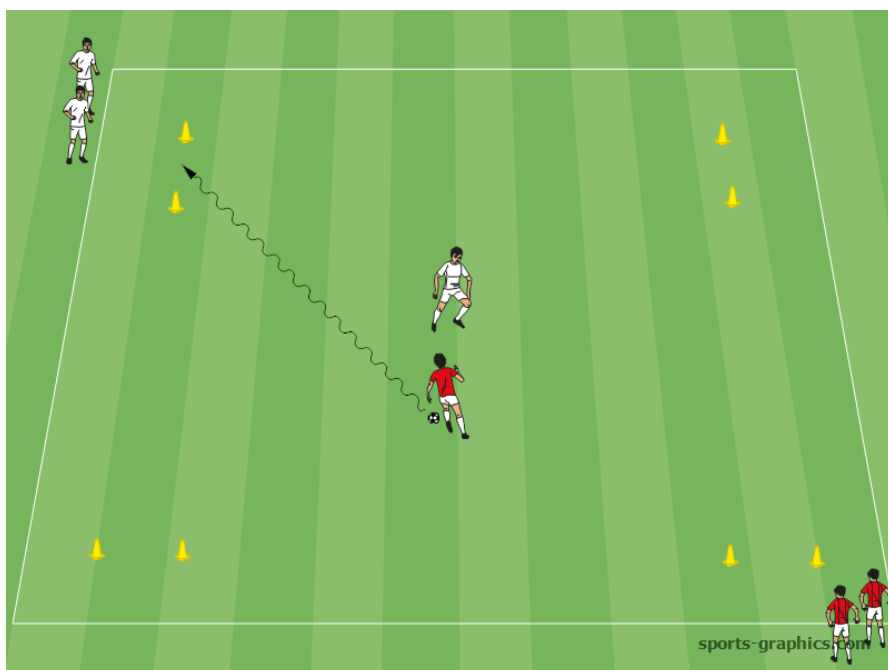
1v1 ATTACK v DEFENCE

Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

Dribbling

Methods of Beating an Opponent



Create an area up to 20x20. Modify accordingly.

Use small cones to create four goals, roughly 2yds apart, within the area.

Split the players into two groups, attackers with a ball, defenders without.

The first attacker starts at the end line between the two 'flat' goals.

They aim to beat the defender and dribble through one of the 'angled' goals at the other end.

If the defender wins the ball they aim to dribble through one of the 'flat' goals.

If the ball leaves the area, the attacker returns to the end of the line and another attacker starts.

After a set period of time, the players swap roles.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Ability to dribble using both feet.
- Creating space to exploit 1v1.
- Improve and refine dribbling to beat an opponent.
- Technical mastery.

KEY FACTORS

- Acceleration
- Disguise
- Good first touch
- Head up
- Keep the ball moving into spaces and away from legs
- Positive attitude
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- Attitude to attack the defender.
- Close control of the ball.
- Creating space to beat opponent and exploiting space in behind.
- Emphasise the importance of the correct distance that the opponent needs to be before executing the move.
Demonstrate how the ball is easily lost if they are within tackling range and how being too far away before executing a move may be counter-productive and lose the advantage.
- Fluency is achieved by practice.
- Mastering different techniques should be done as regular separate technical practices to allow players to fully develop the moves.

1v1 ATTACK v DEFENCE

Improve dribbling to beat an opponent in a 1v1 situation

