

NUMBER CALL OUT 1v1

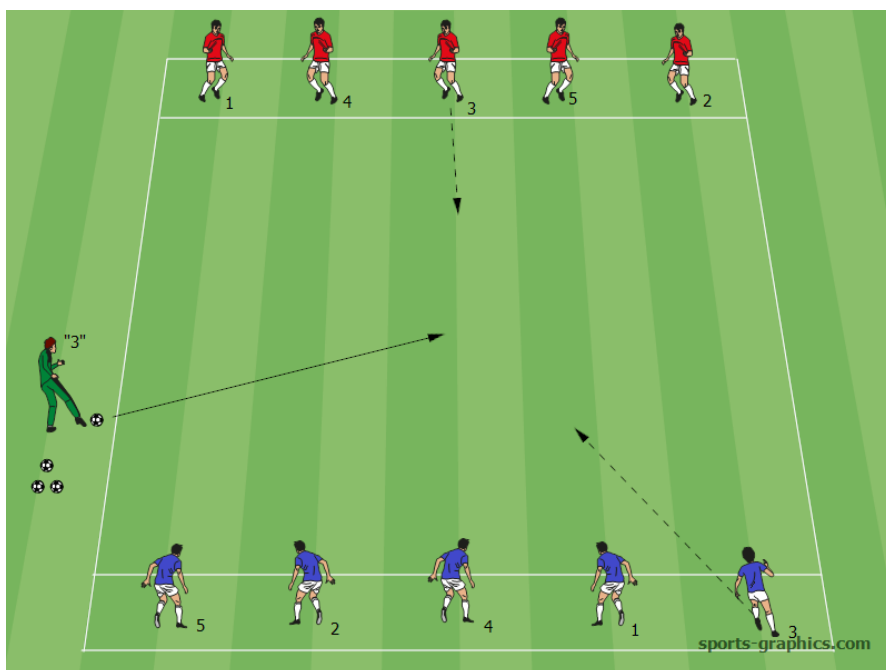
Improve dribbling to beat an opponent in a 1v1 situation

TECHNICAL

PSYCHOLOGICAL

Dribbling

Methods of Beating an Opponent



In this exercise the players are split into two groups and stand opposite on the end lines of a 20x10 area.

Each player of the groups are numbered 1, 2, 3 etc.

The coach calls the a number or two different numbers to play a 1v1 to get the ball to the opposite end line. The ball is passed to one team by the coach. Ensure pass is angled to avoid players colliding in the middle.

The practice ends when the ball is dribbled to the end line or the ball goes out of play. The players return to their end lines and the practice continues with the coach shouting another number.

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.
- Correct technique for the right situation.
- Creating space to exploit 1v1.
- To gain confidence in beating an opponent in a 1v1 situation.

KEY FACTORS

- Acceleration
- Close control of the ball
- Disguise
- Good first touch
- Head up
- Knees bent
- Positive attitude
- Technique

FOCUS AREAS

- 1v1 skills and individual attacking techniques.
- A range of variations on dribbling and decision making - when and where to dribble.
- Attitude to attack the defender.
- Close control of the ball.
- Decision on type of dribble.
- Encourage clever play.
- Encourage good technique and positive attitude.
- Observe from outside the area.

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