

1v1 games.

Used with younger players



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Please note that these 1v1 games are not my own creations and are games that I've observed being used by other coaches.

I do not claim credit for any of the games in this booklet but I have adapted them so they work for my players.

The games in this booklet are aimed at younger players but can be adapted for most age groups.

Please adapt the games to suit you and your players.

I hope they help as many coaches as possible and that everyone finds them useful.

Cheers Lee.

1v1 Attack n defend game



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 groups + Gk.

1 group starts as attackers and line up at the gate next to the goal with a ball each.

The other group start as defenders and line up behind the gate opposite the goal.

Play starts with the 1st attacker dribbling their ball towards the cone opposite, they dribble round it and drive towards the finishing zone and attempt to score a goal.

At the same time the 1st defender sprints towards the cone opposite, runs round it and attempts to stop the attacker scoring a goal.

Once the play is over the players join the back of the opposite lines from which they started. Progs.

Play 2v2, 3v3.

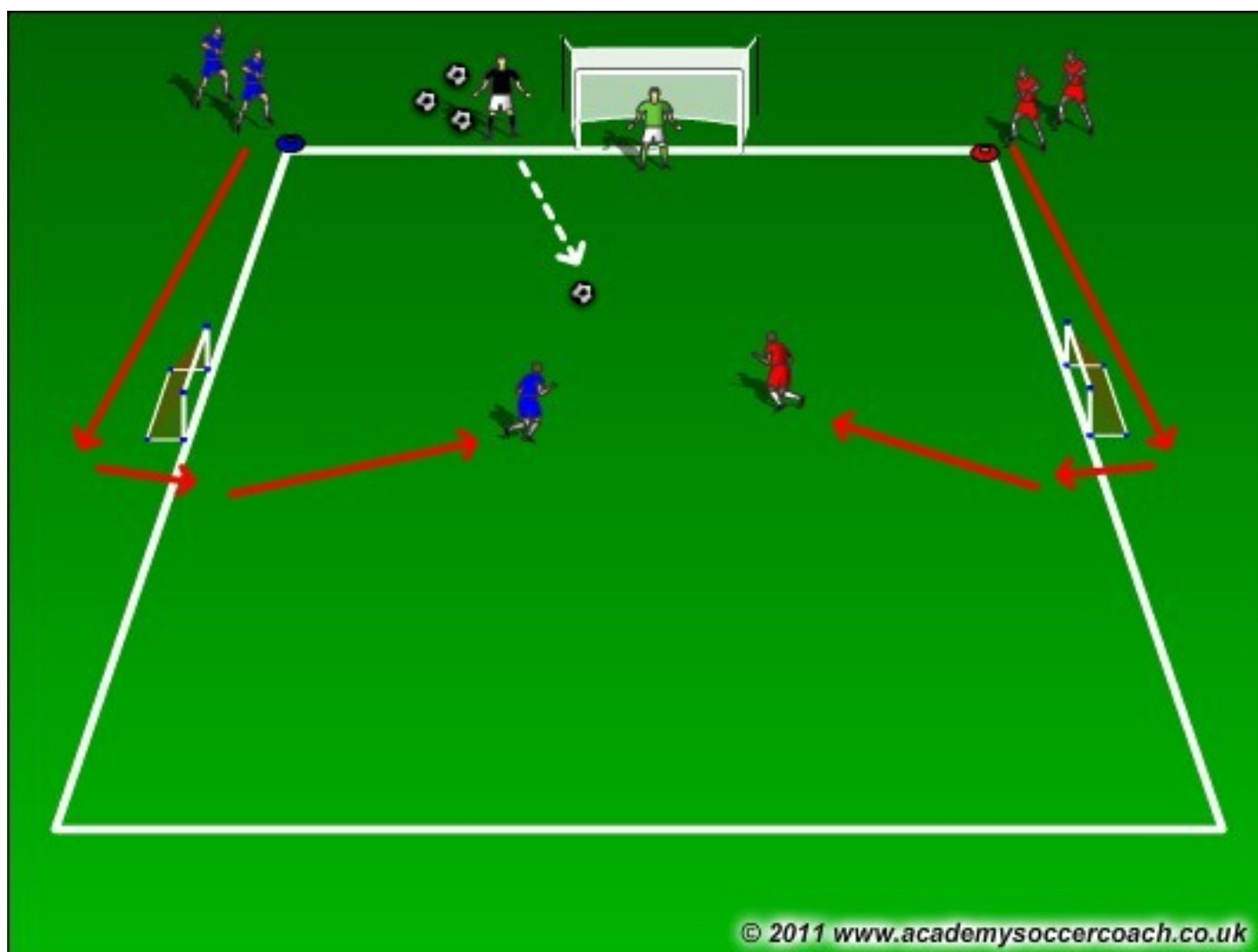
Play random numbers 2v2, 3v3.

Encourage attackers to beat defenders at pace using tricks and skills.

Encourage the defenders to engage quickly, slowing on approach.

Encourage defenders correct body shape and attempt to show the attackers away from goal.

1v1 Coaches call game



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Set up a playing area as shown above.

Split players into 2 teams + Gk.

Play starts on coaches call.

The 1st player from each team runs round the small goal and into the playing area.

As they get to the small goals, coach plays a ball into the playing area.

The players then play 1v1 and attempt to keep possession until coach calls out a goal they must attack/defend.

Coach will call one of the following Big(normal size goal with a gk) Blue(small goal on blue side of the playing area) or Red(small goal on red side of the playing area).

Once coach calls then the game is live to goal.

Once the play is over the next 2 players go.

Play for a set time limit. Team that scores the most goals wins.

Prog.

Play 2v2, 3v3.

Play random number 2v2, 3v3.

Play overloads(2v1, 3v1, 3v2 etc)

1 v 1 multi pass game



Set up a 20x20yrd playing area with an age appropriate goal at one end and 4 mini goals as shown above.

Split players into 2 groups.

1 group attacks first and the other defends.

1 attacker and 2 defenders enter the playing area(1 defender plays as a gk in big goal).

The rest of the defenders wait by the side of the big goal,

The rest of the attackers spread out around the outside of the playing area with a ball each(as shown above).

On coaches call the attacker in the playing area moves to receive a pass from a team mate and score in the big goal.

If they achieve this they get a point for their team, the attacker then quickly reacts and moves to receive another pass from a team mate.

They repeat this for the remainder of their teams 5 balls.

Swap Gk for a resting defender after each attack.

If the defender wins the ball from the attacker they can attempt to score in one of the 4 mini goals.

If they do so they get a point for their team.

Each team mate gets 1 turn(5 balls) in the middle and 1 turn as the defender in the middle.

The team with the most points at the end wins.

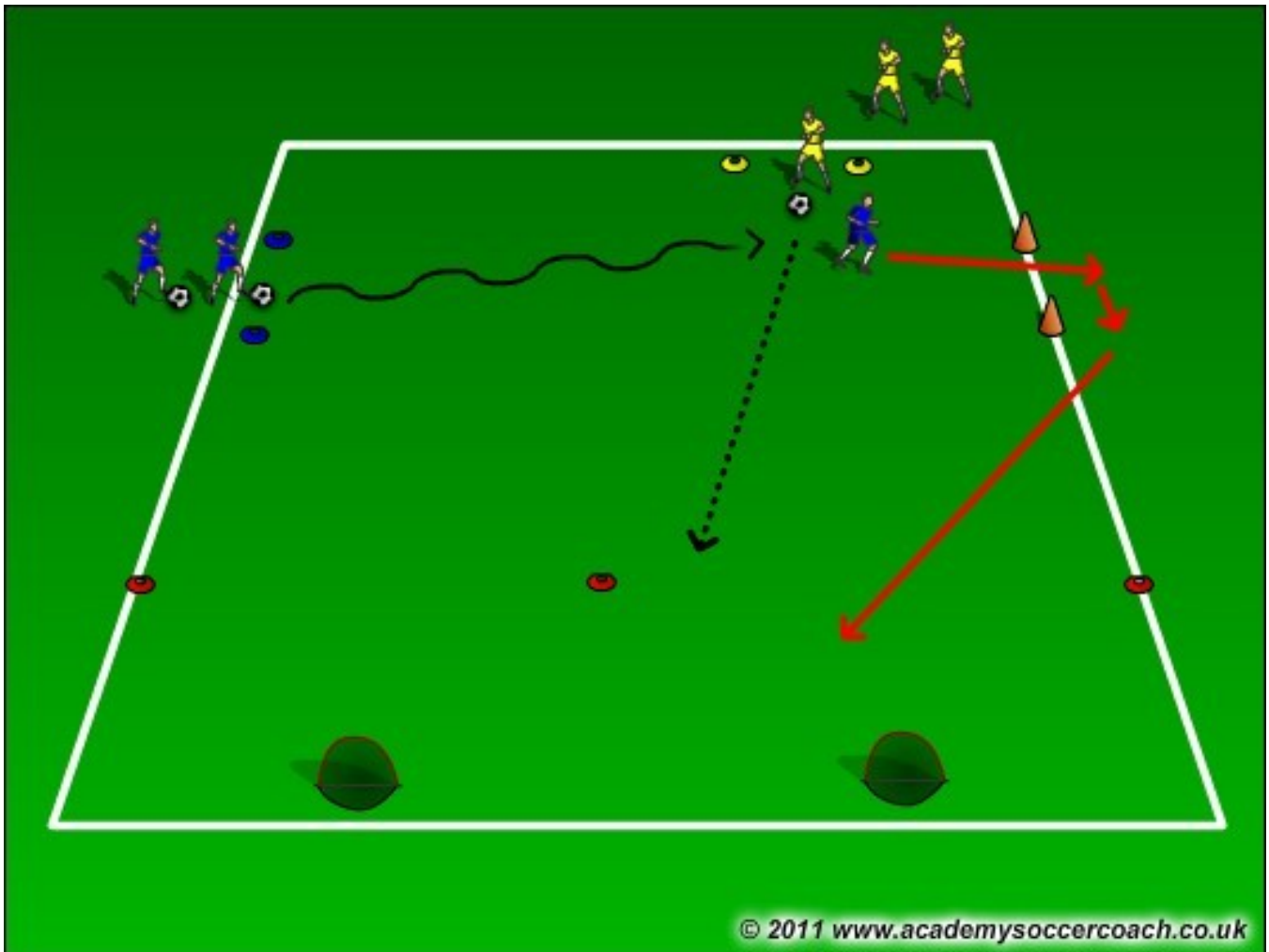
Progress to 2v2.

1v1 Ladder game



Set up a playing area as shown above to create a ladder.
Each player chooses either a team to be or their fave player.
Pair players up. 1 ball per pair.
1 Pair per lane in playing area.
Each pair start in the middle of their lane facing each other with the inside of their strongest foot resting on the ball.
On coaches call players battle to win the ball and dribble over their opponents endline.
Players can still win the ball back if their opponent hasnt crossed the endline.
Players who dribble over the endline wins a point.
After every point game is restarted in the middle.
Play in 2-3 min bursts with player with most points moving up the ladder and player with least moving down.
Encourage players to burst away to endline once they win the ball.
Progs
Add mini goals to endlines.
3 points for a panna(Nutmeg)

1v1 Dribble n defend game



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.
Split players into 2 groups.
1 group starts as defenders and line up at the side gate with a ball each.
The other group start as attackers and line up at the gate opposite the goals.
Play starts with the 1st defender in the line dribbling their ball towards the gates opposite them.
They stop the ball just in front of the attackers and continue to run through the gate and then towards the 2 goals to defend.
As soon as the defender leaves the ball the waiting attacker runs onto it and attempts to score in one of the goals.
The attackers must be in the finishing zone for a goal to count.
Once the attack is over the attacker joins the back of the defending line with a ball and the defender joins the back of the attacking line.
Play continuous for a set time limit, team with the most goals at the end wins.
Progs.
Play 2v2, 3v3.
Play random numbers 2v2, 3v3.
Play overloads(2v1, 3v2)

1v1 Receive and attack game



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Set up a 20x20yrd playing area as shown above.

Split players into 2 teams.

Teams line up nearly side by side.

Coach starts by playing a ball into a blue player who receives the pass and dribbles over the halfway line.

Once over the halfway line the game is live.

Blue and red play 1v1 into the 2 cone goals.

1 point is scored if they pass the ball through the goal.

3 points are scored if the dribble through the goal.

After the play is over the players join the back of the opposite lines so both teams get a turn to receive the pass.

Play for a set time limit, team with most points at end wins.

Progs.

Coach plays into either player. Non receiving player must react to try and win ball back.

1v1 Score n defend game



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zone.

Split players into 2 teams with a ball per player.

One team starts the game by dribbling to the goal directly opposite them, scoring, then immediately goes to defend the opposite player.

The opposite player sets off as soon as the 1st player enters the finishing zone.

Goals can only be scored in the finishing zone.

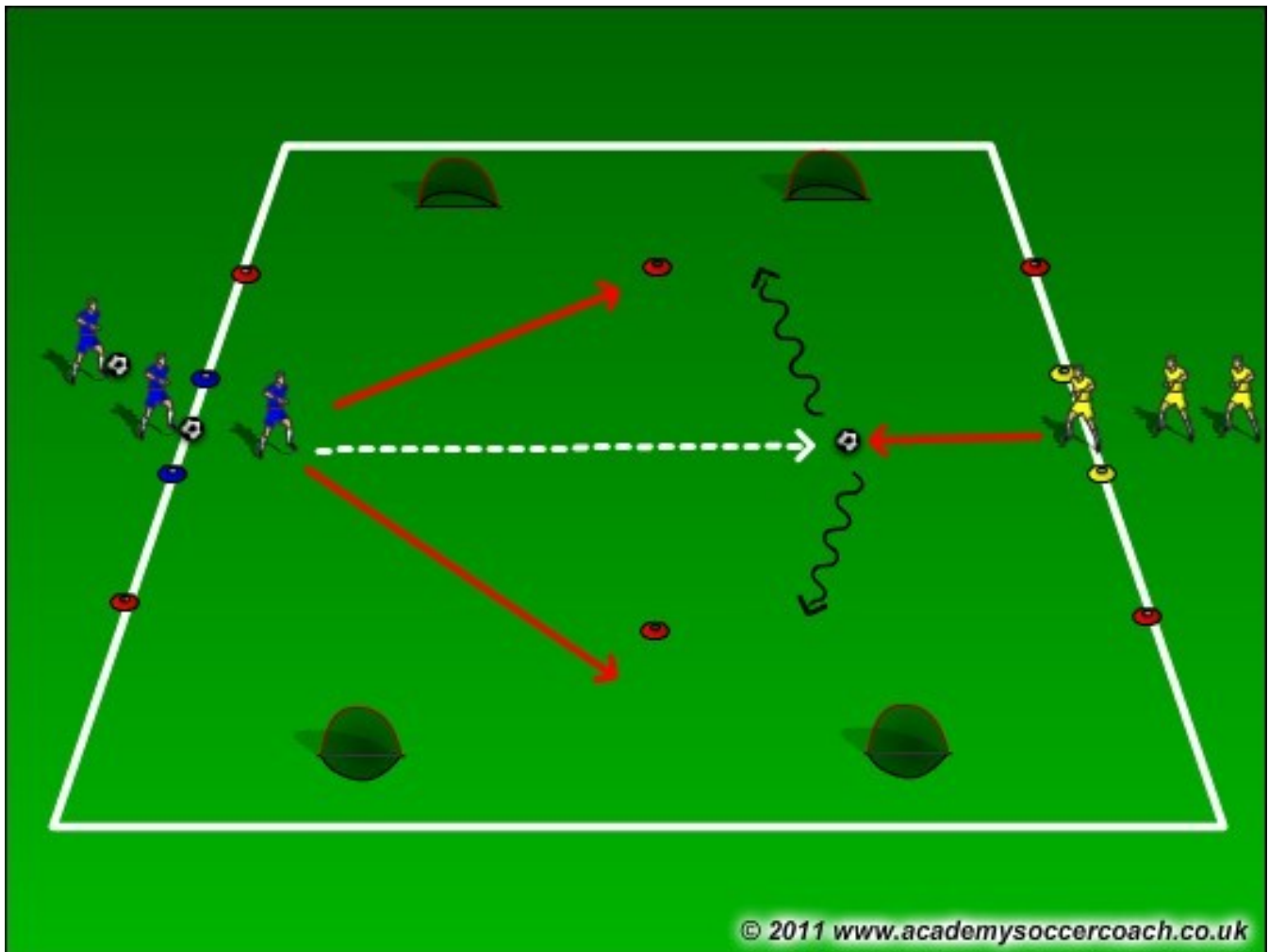
Once a goal is scored or the ball goes dead the next player goes.

Play for a set time limit, team with the most goals wins.

Progs.

Allow attackers to score in any of the 2 goals. 1 point for a goal scored in the goal directly in front of them. 2 points for a goal scored in the goal directly in front of the other team.

1v1 side gates game



Set up a 20x20yrd playing area as shown above with a 5-8yrd finishing zones.

Split players into 2 groups.

1 group starts as defenders and line up at a side gate with a ball each.

The other group start as attackers and line up at the side gate opposite.

Play starts with the 1st defender in the line passing their ball towards the waiting attackers.

Once the ball is played the attacker can run to meet the ball then attack any of the 4 goals.

The defender reacts and attempts to defend the goals.

If the attacker scores in any of the 2 goals nearest them they score 1 point.

If they score in any of the 2 goals closest to the defenders they score 2 points.

Once the attack is over the players join the back of the opposite lines they started at.

Play continuous and for a set time limit. Team that scores the most points at the end wins.

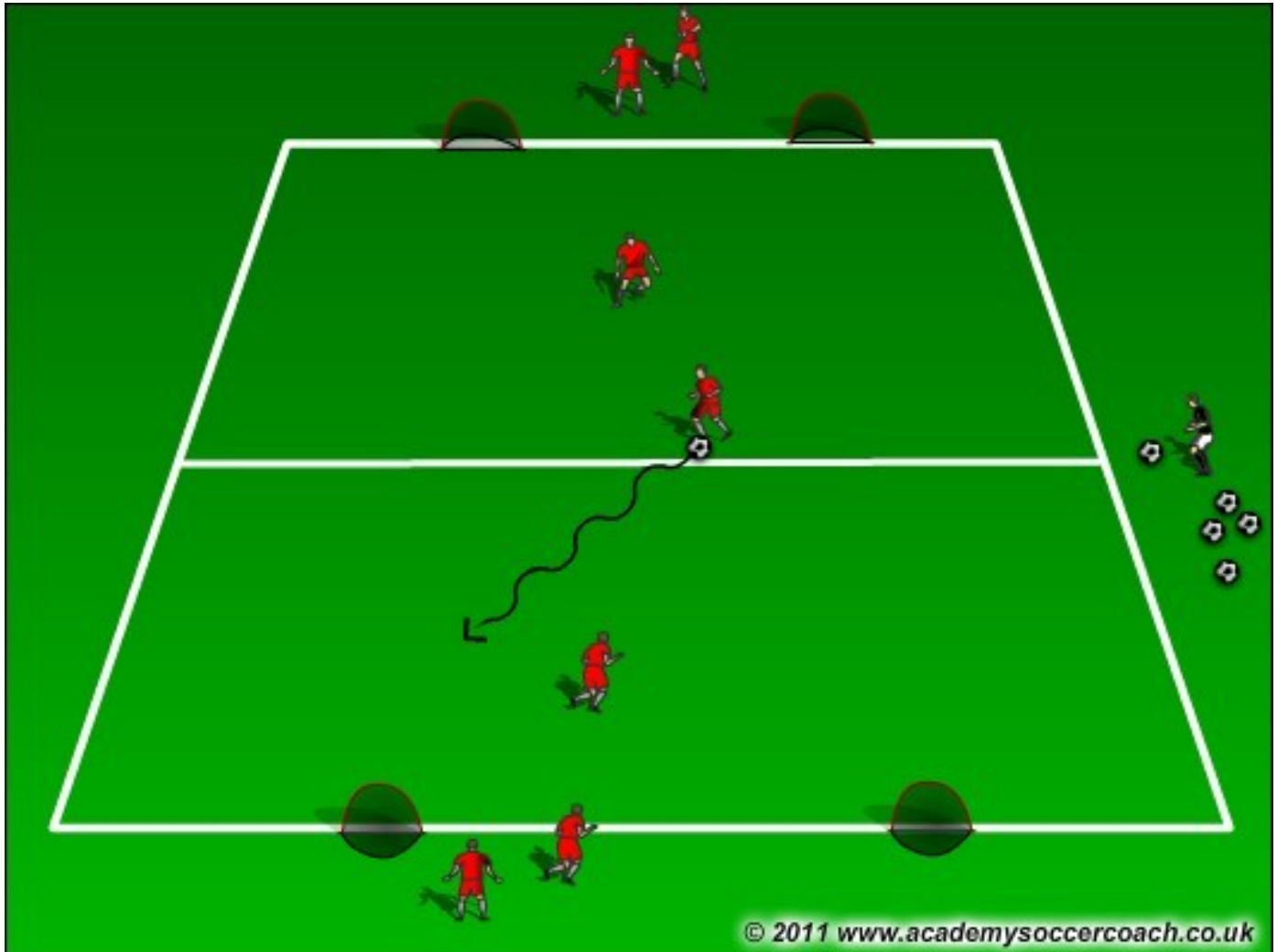
Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.

Play overloads(2v1, 3v2).

Continuous 1v1 game



Set up a playing area as shown above.

3 players start in the playing area the rest of the players stand between the 2 goals at each end of the playing area.

2 players start as defenders and defend 2 goals each.

The middle player starts with a ball and dribbles into one of the endzones and attempts to score in a 1v1 situation.

Once the attack is over, the defender receives a pass from the coach and attacks the opposite end.

The original attacker takes a rest and a new defender enters the playing area.

All players get a turn at both attacking and defending.

Progs.

2v2

Swap mini goals with age appropriate goals with Gks.

Dribbling 1v1,2v1,2v2 game



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Set up a 20x20yrd playing area as shown above.

Split players into 2 groups + 1 Gk.

One group start as attackers and one group start as defenders with a ball each.

Attackers start between the small target goals.

Defenders start at the gate halfway up one side of the playing area.

The first defender passes to the first attacker who attempts to dribble past the defender and have a shot on goal.

If defender wins the ball they can score in one of the 2 small target goals.

After the play is over the attacker joins the back of the defenders line and vice-versa.

Swap sides of the playing area defenders start at.

Progs.

1. 2v1 in attackers favour.

2. 2v2.

1v1 through the gate game



Set up a playing area as shown above.

Split players into 2 teams.

Play starts when coach plays a ball into the middle of the playing area.

At the same time the 1st players in each team set off and run round the corner cones and into the playing area.

1st player to the ball attacks the opposite goal.

Defender can win the ball back and score.

To score players must move the ball through the gates in front of the goal before shooting.

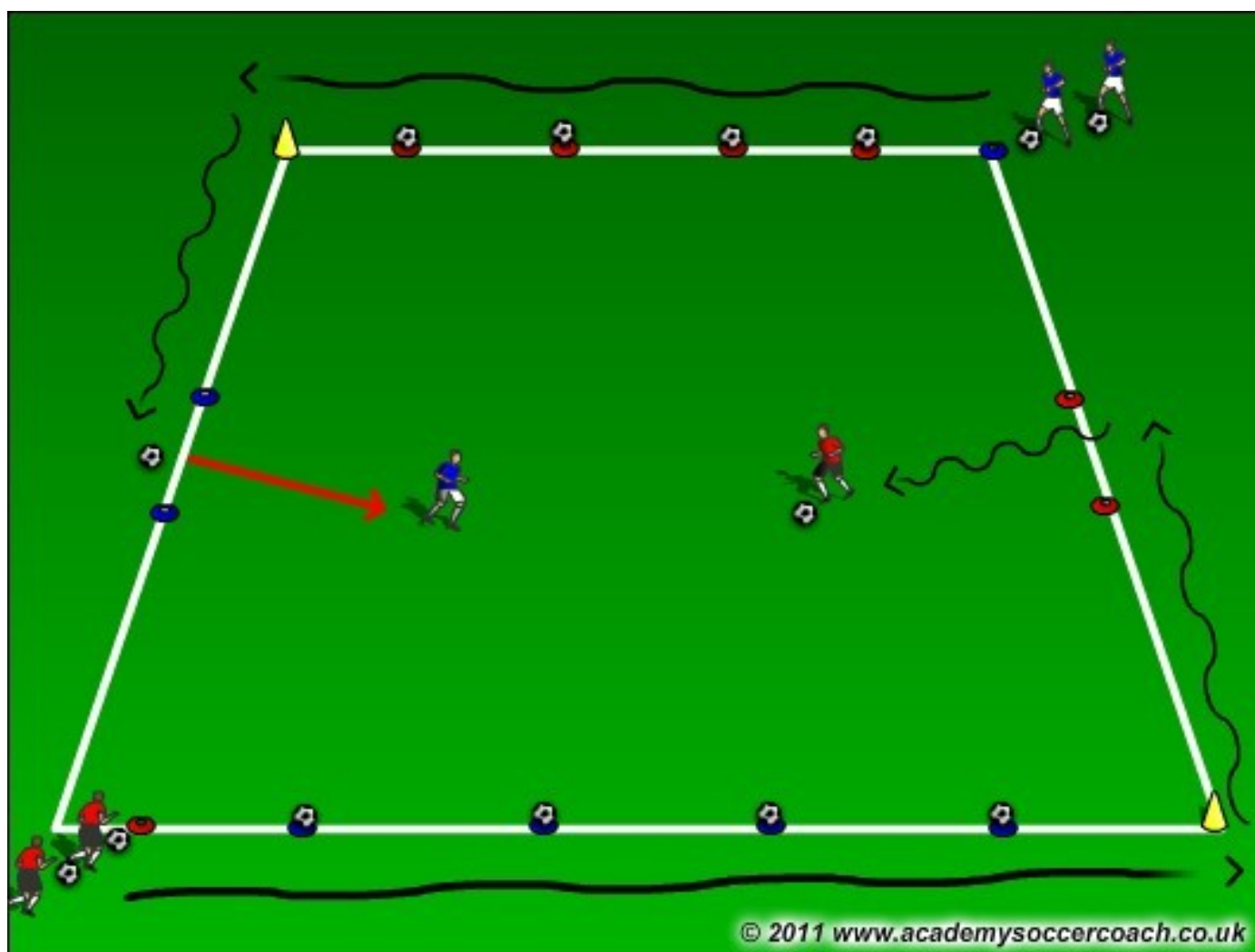
Play for a set time limit, team with most goals at end wins.

Progs.

Play 2v2, 3v3.

Play random numbers 2v2, 3v3.]

1v1 dribble battle game



Set up a 20x20yrd playing area as shown above.

Split players into 2 teams and place them on opposite sides of the playing area with a ball each(as shown above).

Number players 1-7

Coach calls out a number and that player from each team dribbles around the playing area and enters the playing area through their teams side gate.

The first ball through the gate is live while the other one is discarded.

The 2 players now compete to score by either knocking down an opponents target or score in a mini goal.

Progs.

Play random number 2v2,3v3(First ball through the gate is live, rest discarded).

Multiple 1v1 game



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Set up a 25x25yrd palying area with a smaller 10x10yrd sqr in the middle.

Choose 2 players to be defenders and they start in the middle sqr.

The rest of the players have a ball each and spread out evenly around the 4 outer cones.

Outer players attempt to dribble through the middle sqr without being tackled by a defender or bumping into another dribbling player.

If a defender wins the ball they take over from the dribbler and that player replaces the defender in the middle sqr.

Dribblers get a point if they get through the sqr on the near sides, 2 points far side and 5 points for a panna(nutmeg).

Play for a set time limit, player with the most points wins.

Progs.

Make middle sqr bigger/smaller to make game easier/harder for both sets of players.

More defs in middle sqr.

Encourage dribblers to use tricks, skills and attack any spaces at speed.

Encourage defs to win the ball and keep it and not just kick it away.

Multi battle 1v1 game



Set up a 20x20yrd playing area as shown above.

Split players into two teams(Dribblers and defenders)

The dribblers start in the playing area with a ball each.

The defenders choose a dribbler each to mark/win ball from.

Dribblers start play by dribbling their ball at random around the playing area.

On coaches call the defenders enter the playing area and attempt to win the ball from their designated opponent.

Teams now play 1v1 against each other the team with the most balls at the end wins(Players can only tackle the designated opponent),

Play in 2-3 min bursts.

Swap team roles after every game.

Progs

Defenders attempt to score in one of the mini goals.

Once a goal is scored the players can then support team mates but can still only tackle their designated opponent.

1v1 6 goal game



Set up a playing area as shown above.

Split players into 2 teams.

On coaches call first player from each team races around their teams corner cone and into the playing area.

As players reach corner cones, coach serves a ball into the playing area.

Players now compete 1v1 to attempt to score in one of their opponents 3 mini goals.

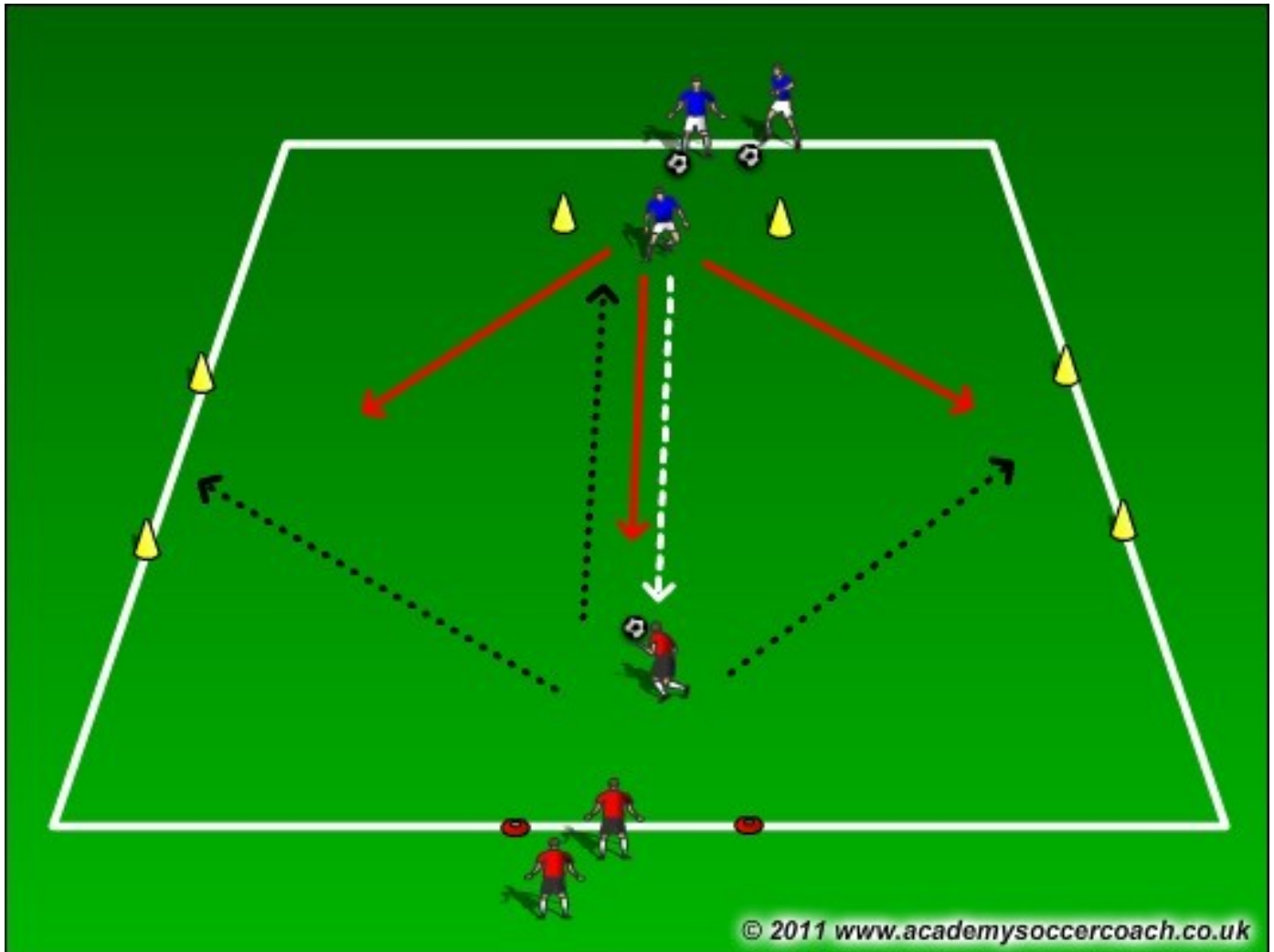
Progs.

Play 2v2,3v3

Give each player a number and play random number 2v2,3v3.

Add a scoring zone. Players must be in the zone to score.

1v1 to 3 gates game



Set up a 16x16yrd playing area as shown above.

Split players into two groups.

One group start as defenders(blue) and start at the top gate with a ball each.

The other group start as attackers and start at the gate opposite.

The first defender starts play by passing the ball to the first attacker.

The attacker must then attempt to dribble through one of the 3 gates to score a point.

1 point for either of the side gates, 3 points for the top gate.

The defender can win a point by winning the ball and dribbling through the bottom gate.

After each attack the players swap roles(Defs join back of atts line and vice-versa).

Each player attacks/defends twice. Team with most points at end wins.

Progs

2v2,3v3|

1v1 Back to goal game



Set up a 20x15yrd playing area as shown above.

Split players into 3 groups to start the game. Attackers(Red),Defenders(Blue) and servers(Yellow).

Servers start at the top gate with a ball each.

The other 2 groups line up next to one another between the 2 bottom gates.

Play starts by the first server playing a pass into the first attacker.

The attacker must receive the pass, attempt to turn the defender and score a point through one of the bottom gates.

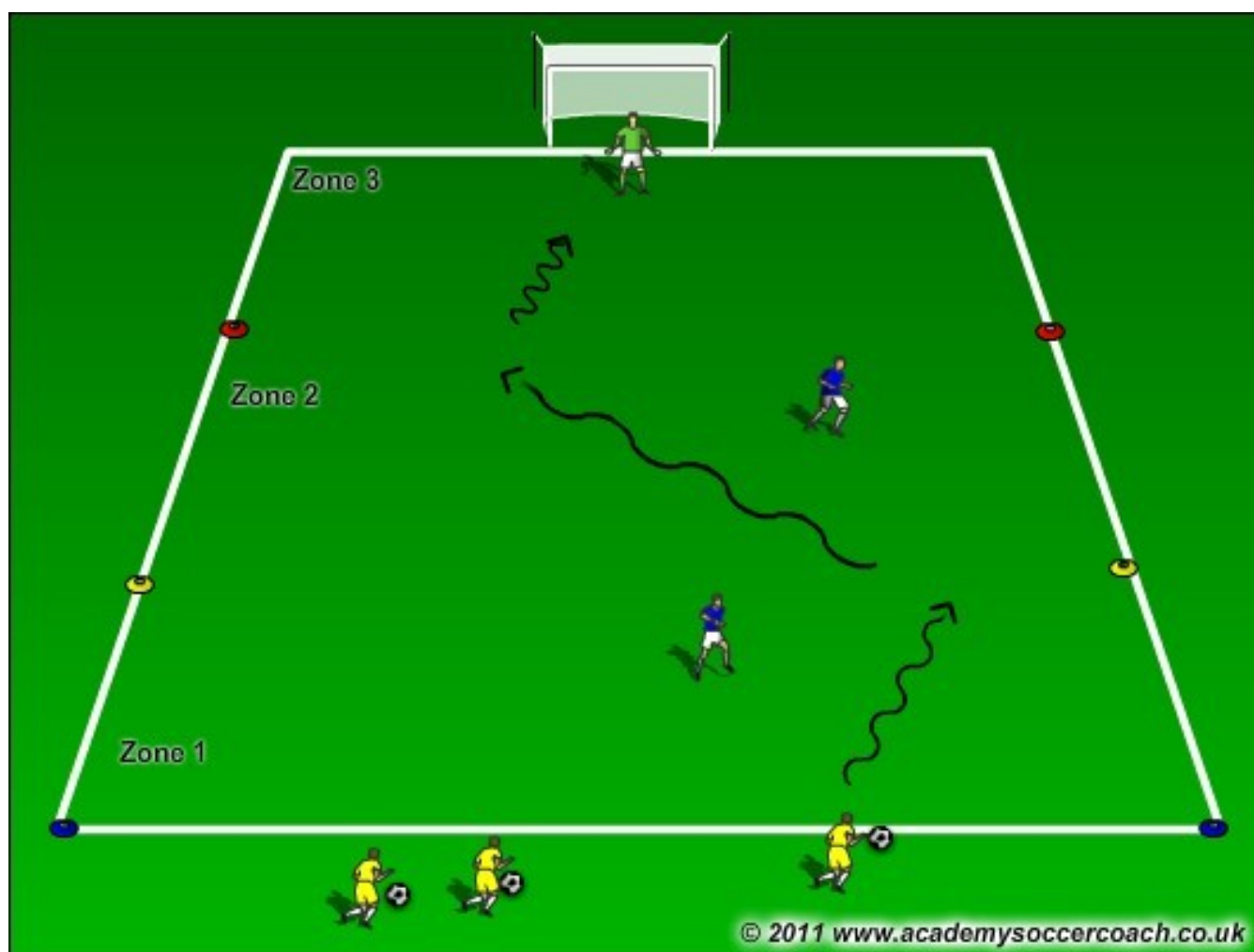
The defender attempts to win the ball from the attacker and scores a point by passing back to the server.

After each attack the players swap roles.

Defender becomes attacker. Attacker joins the back of the servers line. Server joins back of defenders line.

Players play each role a set number of times. Player with most points at the end wins.

Gladiator



Set up a playing area as shown above.

Choose 2 players to start as defenders and 1 player to start as Gk.

Rest of the players have a ball each and wait at the opposite side of the playing area to the goal.

Each defender has a zone each to defend and the defenders must start on the end line of their zone.

The Attackers attempt to dribble through the zones(one at a time) and score past the goalie.

Defenders/goalie can only engage attackers once theyve entered their zone.

As soon as attackis over next attacker goes.

Play afew rounds then swap player roles.

Encourage attackers to demo their skills and tricks.

Encourage attackers to dribble at pace and attack the space.

Encourage defenders to engage attacker quickly, slowing on approach, knees bent and not to dive in and commit themselves.

Encourage Gk to narrow angle and make goal small.

Prog.

Attackers go in pairs 1 ball per pair.

1v1 Goals galore



Set up 30x20yrd playing area with 6 2-3yrd gates placed around the outside.

Pair players up with 1 ball between each pair.(If odd number of players have extra player play as a guard of the gates. Players cannot dribble through gate they are guarding).

1 player in each pair starts with the ball and attempts to score by dribbling through one of the gates.

The defender attempts to win the ball and then they can attempt to dribble through a gate.

Once a goal is scored the defending player restarts with the ball.

Players can not go through the same gate twice in a row.

Play for a set time limit, player with most points at the end wins, or first player through a set number of gates wins, then switch opponents.

Encourage skills, turns, changes of direction and dribbling at speed.

1v1 opposite goals game



Set up a 25x20yrd playing area with 2 small goals facing in opposite directions.
Split players into 2 teams. One team starts with a ball each.
Teams start on cones facing each other approx 15yds apart.
Play starts when the red defender passes to the blue attacker, they now play 1v1 into either of the 2 mini goals.
If they defender wins the ball they can also score.
1 point for scoring in the goal facing, 3 points for scoring in the goal facing opposite way.
After each attack players join back of opposite lines.
Play first team to a set score wins or play for a set time limit.
Progs.
2v2
Add a 4yrd scoring zone.
Coaching points.
Can attackers look for a good 1st touch towards goal to commit the defender.
Can attackers use changes of direction to score in the goal facing opposite.
Can defenders force the attackers away from the higher scoring goal and win the ball.

**There are 20 1v1 games in this booklet.
Please tweak to suit your team and enjoy them.**

All the games in this booklet are tried and tested with both my u11s and u8s.

Both teams really enjoy them and have helped them greatly with touch, control under pressure, shielding, ability to beat opponents 1v1 etc.

Please feel free to give constructive feedback as together we can create better coaching/learning environments for our players.

Remember sharing is caring.

Cheers Lee.