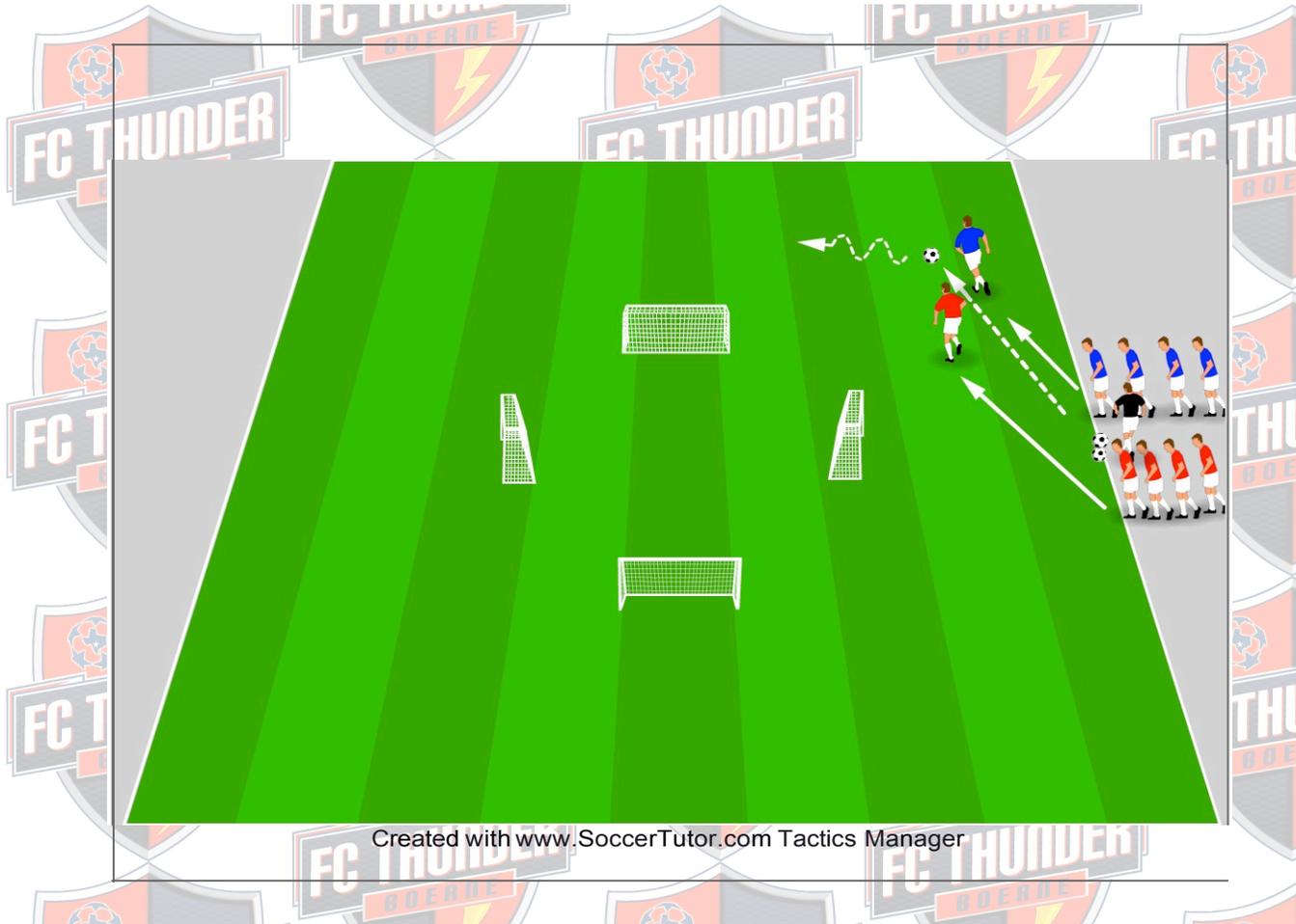


1v1

A series of 1v1 exercises influenced by @CoerverCoaching

@benloney

1v1-4v4 Four Goal Game



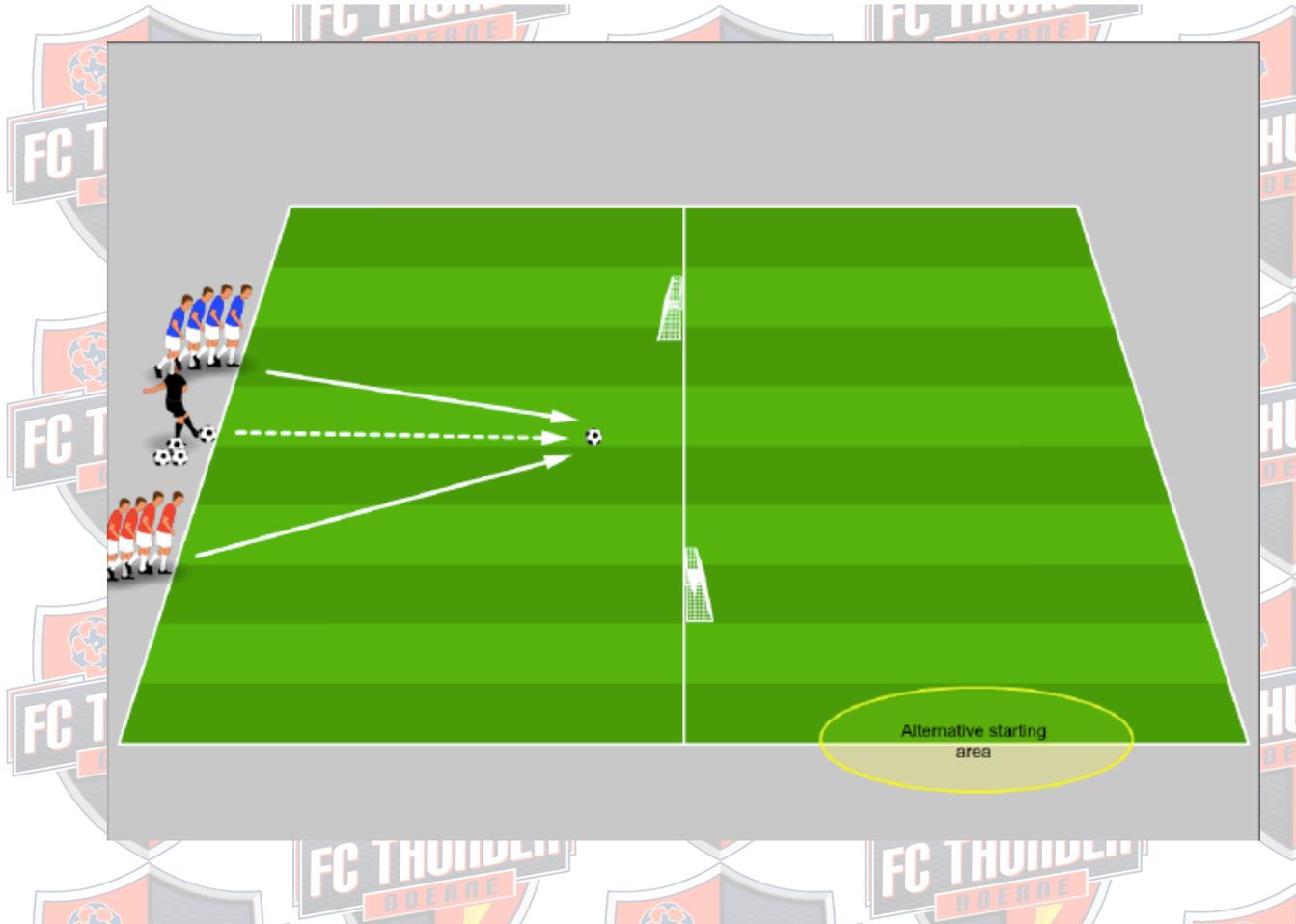
Objective: Competing 1v1 one working on taking players on and explosive speed with cool finishing.

Description: Coach plays the ball out for the desired number of players from the 2 teams to compete for the ball. Players can score in any of the 4 goals.

Coaching Points: Be first to the ball, skills, feints', cuts, and acceleration, head up. Creating space, movement off the ball and types of runs, playing to space. Dribbling technique and first touch, quality and type of pass.

Progression: 2v2, 3v3, 4v4, Teams have to finish first time, players cannot score in goal that was just scored in. Players can compete in 3's 1v1v1.

1v1 and 2v2 Stop-Starts and Turn Moves



Objective: Competitive 1v1 use of skills, turns, stop-starts and getting away from a player.

Description: Coach passes the ball out and the next 2 competing players in line race to the ball and try to score into one of the two opposite facing small goals
Encourage turns and stop start moves
First team to 10 goals
*** can have more than one group out at the same time
***Players can serve themselves.

Coaching Points: First to the ball
Disguise, including on first touch. Drop shoulder Do
not turn into player
Simple touch to finish and not a shot
Speed of play, speed of footwork.

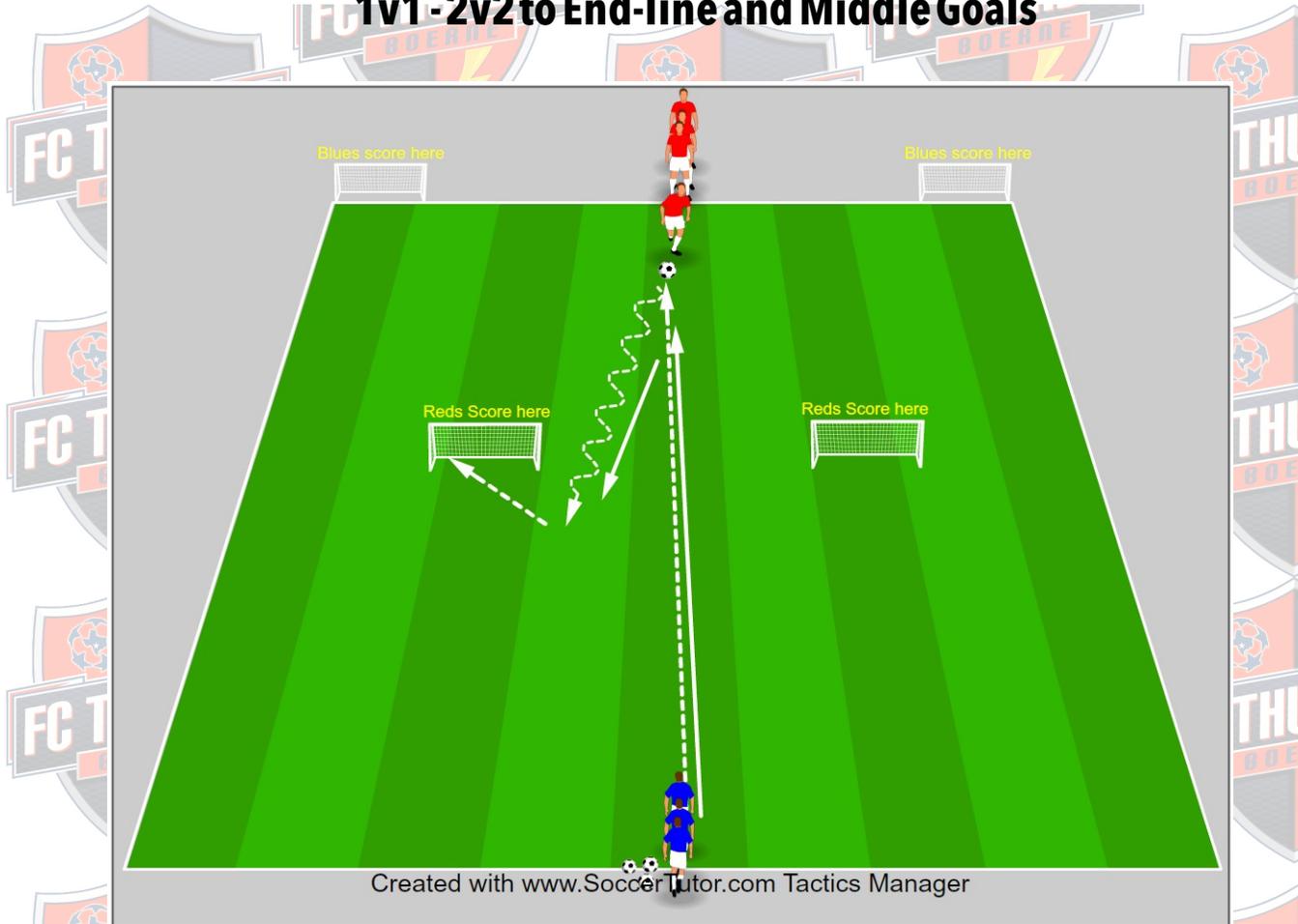
Progression: Play 2v2 score for a point, or team in possession after limited time scores a point
1v1v1

1v1-4v4 Scoring on Either Side of the Kick Back



- Objective:** To work fast attacking opportunities whilst also passing and moving the ball switching and circulating the ball.
- Description:** Coach plays the ball out for the two teams to compete. 1v1 up to 4v4. Both teams compete for the ball and look to shoot on either side of the kick back. The keeper has to defend both sides.
- Coaching Points:**
- Passing and moving - Creating angles
 - Working an opening to shoot
 - Switching the play
 - Spacing out and providing deeper options.
 - Defending - when to double up and make numbers up, blocking shots
- Progression:** Vary the numbers

1v1 - 2v2 to End-line and Middle Goals



Objective: 1v1 skill, movement, cuts turns and finishing

Description: Blue plays a pass into the next Red player in line and then tries to defend the Red from scoring in the middle goals. If blue wins the ball they can attempt to score in the end line goals

Coaching Points:

- Speed of play
- Dribbling technique Control
- Closing down
- Switching play with cuts and turns

Progression: 2v2 replace end line goal with regular goal.

1v1 Wide Player Pressure



Objective: Teaching the wide player to pressure

Description: Keeper rolls the ball out to the wide defender. That player then tries to play the ball through the gate in front. The opposite wide defender must apply immediate pressure denying the pass or dribble through the gate. Defender can force the ball from the attacker. When they win the ball they attempt to score in the regular goal. 2 points for dribbling through the gate one for passing. Players swap sides from defending to attacking with their teammates.

Coaching Points: Speed and angle of approach. Aggressiveness. Body shape and awareness of the goal behind them.

Progression: Swap sides
Ask Keeper to distribute to the defender further up the field. Ask keeper to player attacker in to work on the defensive approach.

1v1 Tracking and Covering - Stops and Starts



Objective: Defenders learn to track and deny space, prevent attackers from getting into the space behind and deny clear shooting chances. Attackers work on technical dribbling skill.

Description: Coach serves a ball into either line. The first attacking player receives the ball and dribbles looking to use stop-starts and turns to beat the defender that is tracking. If the player cannot find a quick way to beat the defender they can pass the ball to the next player in any of the two lines (tagging). If the defender wins the ball, possession is switched to the other team. Players rotate lines getting a chance to defend and attack

Coaching Points: Speed of play, use of tricks and turns, feints and fakes, acceleration. Attacking space at speed. Jockeying, covering angles, timing, patience. Keeping the flow of the attack. Denying space, blocking shots, speed of play,

Progression: Make it into a team game. Make it a 2v2 (extra coaching points will arise when working in groups) (movement off the ball, communication etc.)

1v1 Tracking and Covering - Stops and Starts



Objective: 1v1 attacking and defending, finding space to finish.

Description: Each player is paired off with a player from the opposing team. Two players compete 1v1. If the player cannot find space to finish and is under pressure to give the ball up, they can play to an outside player in the same team. They will replace one another. The idea is to keep the ball moving quickly whilst trying to catch the opposing team off guard creating scoring chances.

Coaching Points: Speed of play, use of tricks and turns, acceleration. Jockeying, angles, timing, patience, stop-starts. Crossovers and take overs.

Progression: make 2v2

1v1 Dribbling and Defending Technique to Goal



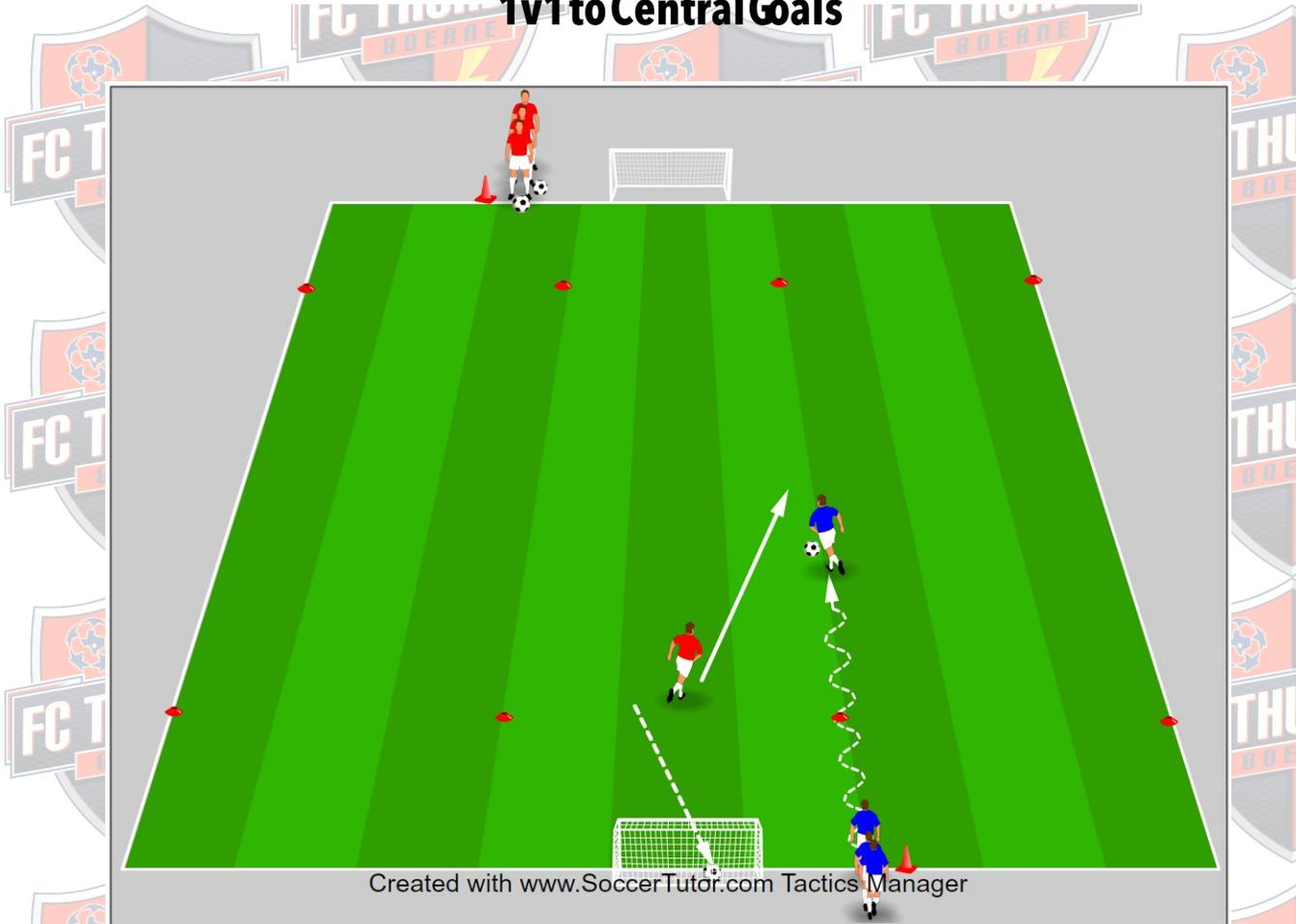
Objective: To improve dribbling and defending technique - Forcing the attacker away from area.

Description: In groups of 4/5. The coach plays the ball out to the first attacker as the first defender close down the attacker, then jockey the defender until they get into their half. They are then allowed to steal the ball (doesn't mean they should). The attacker will try to find space away from the defender to shoot or get beyond them. The defender will try to force into the yellow shaded areas in the corner. Defenders can counter attack to score in the opposite empty goal. Change sides each time

Coaching Points: Outside of the foot to dribble with manipulations with other surfaces. Eyes up looking forward keep the ball in front. Defending posture, 3 P's pressure, posture and patience. Fast feet side on moving them quickly. Eyes on the ball. Blocking shots, angle, speed and timing of approach.

Progression: Take into a 2v2 situation to goal and then scrimmage.

1v1 to Central Goals



Objective: Attacking at speed with Cuts and skills.

Description: Players line up each with a ball. First player attacks scoring into the opposing goal after crossing the 5 yard line. That player after shooting must then turn and defend the next player. If the defender wins the ball, they can score in the opposing goal. Play to set number of goals or time period.

Coaching Points:

- Speed of the attack including importance of first touch and being ready.
- Immediate recovery
- Timing of the skill or the cut.
- Big touch to get away from defender. Quality of finish

Progression:

- Play 2v1 the shooter does not defend
- Play 2v2 shooter touches the goal they shoot on before scoring
- Play 2v2 without restrictions

1v1 to 2 Wide Goals



Objective: Attacking at speed with Cuts and skills.

Description: Players line up each with a ball. First player attacks scoring in any of the 2 goals after crossing the 5 yard line. That player after shooting must turn and defend the next player. If the defender wins the ball they can dribble through poles to join line. The player without the ball remains on the field to defend the next player.

Coaching Points:

- Speed of the attack including importance of first touch and being ready.
- Choice of goal to attack. Timing of the skill or the cut.
- Big touch to get away from defender.
- Quality of finish

Progression: Move the finishing line closer, encourage that players can score from deeper with a pass. Make 2 teams and stand them side by side to create competitive edge. They can score into any goal. Play first to 10 goals

1v1 to 2 wide goals (variation 1)



Objective: Attacking at speed with Cuts and skills

Description: Players line up each with a ball. First player attacks scoring in any of the 2 goals after crossing the 5 yard line. That player after shooting must turn and defend the next player from the other team. If the defender wins the ball they can dribble through poles to join their line. The player without the ball remains on the field to defend the next player.

Coaching Points: Speed of the attack including importance of first touch and being ready.
Choice of goal to attack. Timing
of the skill or the cut.
Big touch to get away from defender.
Quality of finish

Progression: Can use big goals and keepers to improve shooting and attitude to shooting. Adjust the field size and make exercise as realistic as possible.

1v1 to 2 Small Goals (Crisscross)



Objective: Dribble to beat a man. Skill and 1v1

Description: Blue player passes the ball out to the Red player and then tries to defend them as they go 1v1. Cannot score until within 5yds of the goal. If the defender wins the ball back they can score in opponents goal. Both lines can go at the same time, make sure players change lines after each round. Play to a set number of points. This exercise can be used as a good warm up when the passing player acts as a shadow defender.

Coaching Points: Speed of play, attacking space and defenders, big touch for acceleration. Composed finish. Skills, trick moves, dribbling technique, steady touch to finish

Progression: Take to big goals and even progress to 2v2.



Objective: To improve dribbling and skills to beat a defender, improves 1v1 defending.

Description: Two lines of players at opposite sides of the grid. One line starts with the ball and attacks the skills box on the coaches command. 1 defender from the opposite line races into the box to challenge. The player on the ball tries to perform a move and score into the goal or race through a gate as an alternative. After each turn players switch lines. Alternative is that you make it a competition.

Coaching Points: Execution and timing of the skill, dribbling quality and speed, angle of exit and acceleration/big touch. Eyes up, readiness, quality controlled finish.

Progression: Move goals or gates to alternative area
Move onto scoring into big goals.

1v1 Shooting Two Goals R&L



Objective: To improve 1v1 attacking and finishing.

Description: One line of players and 2 goals to score in. First player attacks whichever goal they chose and then immediately turn to defend the next player in line. Next player attacks any goal. Encourage Right and Left foot finishing.

Coaching Points: Attacking Space
Finishing - Technique Feints
and disguises
1v1 defending principles

Progression: Possible 2v2 play.

1v1 Score and Race to Win



Objective: To Improve Cuts, Turns, and Speed.

Description: Coach plays the ball out for the players to compete 1v1 to score in either of the 2 goals. After a shot has been taken, regardless if you score or not, players must touch a cone nearest that goal and race to touch cone at other goal. Goal does not stand if defender wins race.

Coaching Points: Be first to the ball, skills, feints, cuts, acceleration, head up. Dribbling technique and first touch.

Progression: Same drill with keepers and bigger goals.

1v1 R&L to 2 Goals



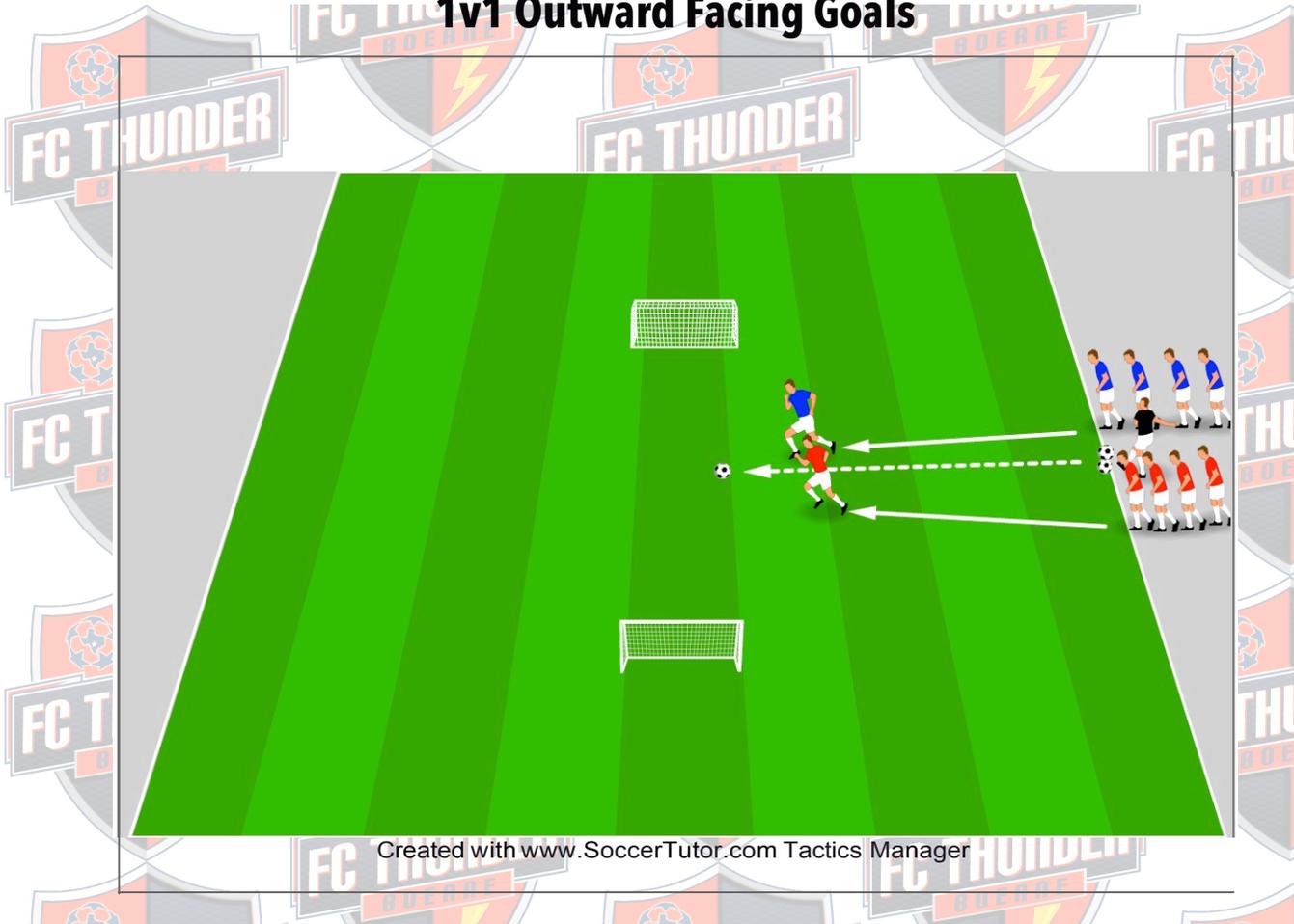
Objective: To improve 1v1 attacking and finishing

Description: One line of players and 2 goals to score in. First player attacks whichever goal they chose and then immediately turns to defend the next player in line. Next player attacks any goal. Players must cross the coned line before tapping in and defending.

Coaching Points: Attacking Space
Tapping in - Technique (when to poke and when to pass) don't be careless Feints and disguises
1v1 defending principles

Progression: Possible 2v2 play.

1v1 Outward Facing Goals



Objective: This game is best for skills and accelerating away from defenders.

Description: Coach plays the ball out for the players to compete 1v1 to score in the outward facing goals. More than 1 group of 2 can compete at the same time.

Coaching Points: Be first to the ball, skills, feints', cuts, acceleration, head up. Dribbling technique and first touch, quality and type of pass.
Encourage players to accelerate away from defenders with a big touch. Enough to turn the corner to finish without the defender recovering in time.

Progression: 2v2 - send 3 players out there to compete 1v1v1

1v1 Numbers Game



Objective: To Improve 1v1 attacking and Defending

Description: Two teams line up on either side of the soccer field. Each player is numbered. When coach calls out the players number they must sprint around top cone and compete 1v1 to score.

Coaching Points: Speed, attacking 1v1+, skills, cuts, turns, stop-starts, reactions.

Progression: Variations: Add extra numbers, play to large goals with keepers, change run, use outside players as wall passes. Play more than one number.

1v1 Knock Over the Cone Game



Objective: Counter attacking with pass/finish.

Description: Two lines of players each with a ball. First player (red) sets off and tries to knock over one of the standing cones. Attacker must be within the 5 yard shooting zone. Once the attacker shoots, the next attacker from the opposing team attacks. After shooting the attacker must immediately defend. If the defender wins the ball back they can attack again. First team to knock over their opponents cones.

Coaching Points: Positive big first touch, dribble touch/technique, attacking space, head up, speed of play, recover defending, when to steal/block/tackle, quality of pass and use of technique. Coaches must be active and manage this exercise.

Progression: Maybe increase to 2v2 and adjust the playing area.

1v1 Knock Over the Cone Game Warm Up



Objective: To improve counter attacking with pass/finish

Description: Two lines of players each with a ball. First player sets off and tries to knock over one of the standing cones. Attacker must be within the 5 yard shooting zone. If the attacker knocks over the cone he/she gets to bring back the cone and place on their side. Once the attacker shoots/passes the opposing attacker sets off. The team with the most cones at the end of the allotted time wins the game.

Coaching Points: Positive big first touch, dribble touch/technique, attacking space, head up, speed of play, quality of pass and use of technique. Recovery to defend (do not forget),

Progression: Alternative:
starting locations to the side of the cones.

1v1 Flank/Wing Play



Objective: Improve wide play with running with the ball, crossing and recovering

Description: Two teams line up at either end of the grid. The first player sets off and races down the wing to get a cross in to the forward. The forward tries to score first time. After crossing the ball in the attacker does not wait to see if a goal is scored and simply turns to defend the next attacker from the opposing team. Attackers cannot cross the ball until they pass the yellow cone. They choose when and where to cross from. After a set time switch the teams around to work on opposite flanks.

Coaching Points: Big touch out of your feet, eyes up, good technique when receiving, speed, quality of cross, angle of cross, area to cross into, leaving space open for the attacker, immediate recovery. Skills moves, feints.

Progression: Allow a player to drop a pass back if struggling to beat the defender.
Make it a 2v1 in the channel
Make it a 2v2 with central defenders. take to a large goal.

1v1 to Central Goals Finishing



Objective: Attacking at speed with Cuts and skills

Description: Players line up each with a ball. First player passes the ball into the coach and the coach plays the ball off for the attacker to score in the opposing goal. Attacking player after shooting must turn and defend the next player after recovering through the cones. Defender concentrates on quick recovery and blocking shots.
Variations: 1 touch,

Coaching Points: Quality pass into coach, weight, which
Immediate recovery
Head up but keep eye on the ball. Quality
offinish

Progression: Play to regular goals with keepers. Work on the left foot.

1v1 Finishing and Defensive Recovery (Passing Variation)



Objective: To improve clinical finishing under pressure.

Description: Players line up in two lines. Defenders and Attackers. The first defender dribbles the ball and stops it in front of the attacker on the line. Once the ball has been stopped the attacker passes to the coach for a one time layoff for the attacker to finish. Defender after stopping the ball must sprint around cone and deny the chance to score.

Coaching Points: Stopping the ball, recovery defending, first touch from the attacker, where the first touch goes, head up, choice of finishing surface, across the keeper or the near post? Brave blocking/sliding. Follow up the keeper at speed. Shoot with foot furthest from the defender.

Progression: you can allow the attacker to only play 1st time on pass and finish

1v1 End Line Tag Game



Objective: This game is best for skills and accelerating away from defenders.

Description: First player in each line sprints around the pole on their right and enters the channel. One team are the defenders and the other team are attackers. The defender has to tag the attacker who is trying to cross their end line for a point. Must stay in the grid. Player's change lines every turn. After a few attempts, the drill is completed with a soccer ball. Dribble to get beyond the line.

Coaching Points: Speed, Feints, dropping the shoulder, disguise, being direct, cutting off angles, timing of approach and slow down, forcing attacker directionally. Skills. Attacking space
Make your coaching points in order of progression.

Progression: Progress to 2v2, only one player has to cross line to score a point.
coach passes soccer ball in for players to go 1v1 and 2v2.
Add big goals with keepers for attackers to score once they cross the line

1v1 Dribbling Ladder



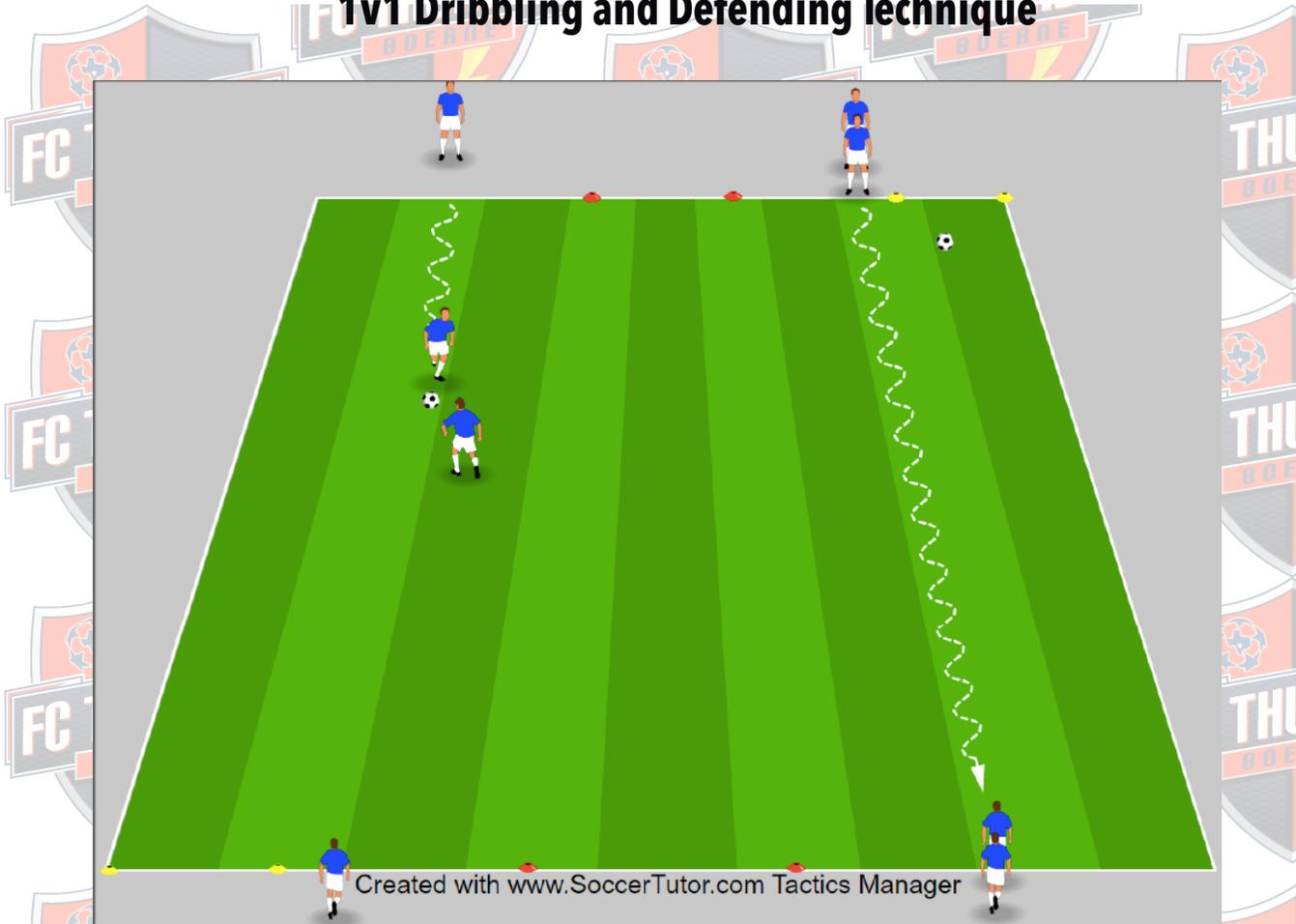
Objective: To improve attacking and defending 1v1, fitness, technical development.

Description: Players play 2-4 minute 1v1 games against each other. To score they must dribble through one of the two wide goals. When they score they turn around to attack the opposite end. 1pt for every goal scored. If you win you move up, if you lose you move down. If tied, the players can to rock, paper, scissors or a juggle contest.

Coaching Points: If used as a session for teaching, coaching points should be limited to 1v1 attacking or defending. If not, let the kids play, with no interventions. Make coaching points between each game if you need to make them.

Progression: 2v2

1v1 Dribbling and Defending Technique



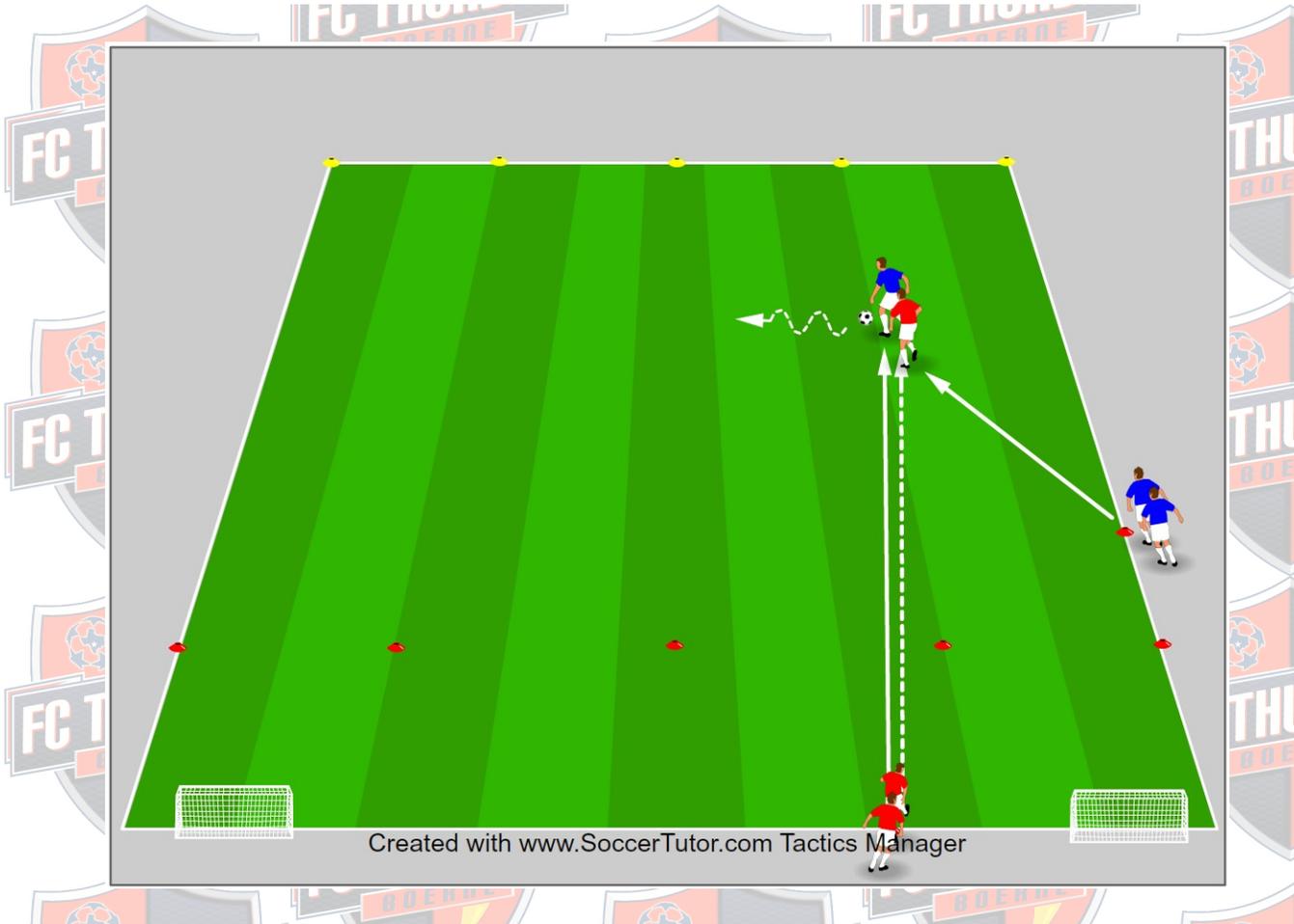
Objective: To improve dribbling and defending technique - Forcing the attacker away from area.

Description: In groups of 4/5. The first player with a ball dribbles the ball up to the next player in line and leaves the ball for them as they jockey the defender. The defender puts themselves in a position to force the attacker through the yellow cones and not the red cones. The defender can hold their ground but they cannot stick a leg out to win the ball back. The same line repeats the exercise for a set time and then they reverse roles.

Coaching Points: Outside of the foot to dribble with manipulations with other surfaces. Eyes up looking forward keep the ball in front. Defending posture, 3 P's pressure, posture and patience. Fast feet side on moving them quickly. Eyes on the ball.

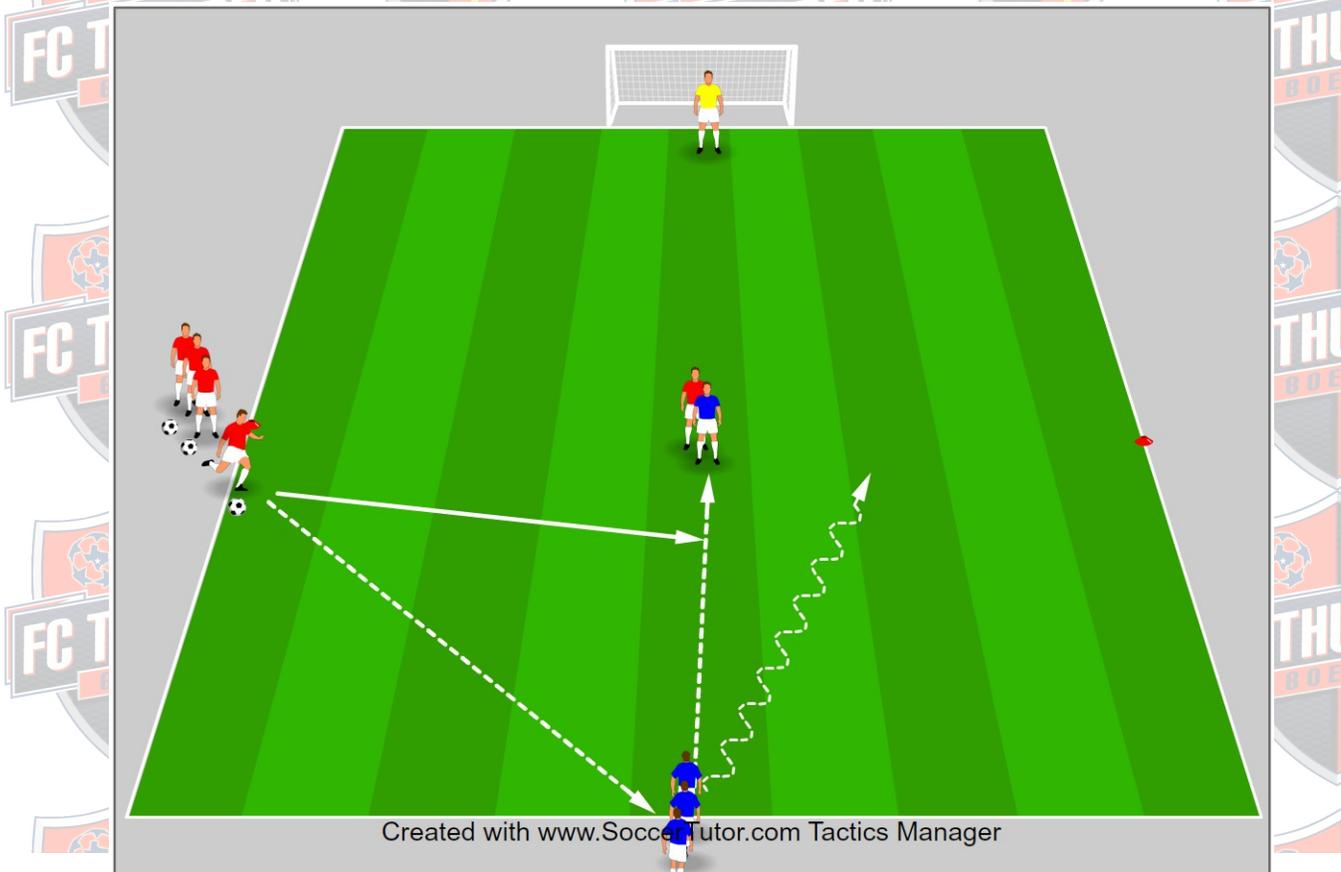
Progression: Take into a 1v1 situation to goal

1v1 Don't Let Attacker Turn



- Objective:** Pressuring the ball no allowing attacker to turn. (1v1 Dribbling to 2 small goals)
- Description:** Red defender passes the ball out to the first blue attacker in the space front of them and closes them down and gets tight behind not allowing them to turn. They go 1v1, attackers scoring into one of the 2 small goals and defenders running the ball over the yellow-coned line to score if they gain possession.
- Coaching Points:**
- Immediate tight pressure
 - Body shape and use of arms
 - Patience
 - When to play the ball when not to play
- Progression:** Take the two small goals away and play to a larger goal with keeper

1v1 Defending and Decision to Pass or Dribble (Variation)



- Objective:** Defending angle and technique with attacking decision making. Communicating and recognizing when to switch attackers to defend. Creativity in attackers decision making.
- Description:** 1 line of players with the ball pass to the next player in attacking line and then immediately defend. Attacker can either pass into forward immediately and join in the attack or take touch and make another decision. The 1st attacker does not have to pass.
- Coaching Points:** Quality and weight of first pass, decision to take touch, type of touch, quality of pass, attacking the space, cuts, skills, speed of defending run, angle of run, defensive body shape, patience. Combining with team mates, runs off the ball.
- Progression:** Add players and the session becomes a phase of play drill.

1v1 and 2v2 Defending and Attacking Wide Players



Objective: To improve the players technical ability in defending and dribbling 1v1

Description: 2 lines of players line up either side of the goal. The coach now plays the ball to the wide attacker for them to attack the goal. The defender sprints out to close the defender down and deny them from getting close to a shooting chance or the space behind them. The defender looks to force the attacker to the outside and prevent the player from coming inside to shoot. The longer they can force them down the line the better. Players on the left can score only between the pole and the left post, visa versa on opposite side.

Coaching Points: Angle of approach, speed of approach, body shape, patience (delay), posture, positioning. Distance from player and ball. Ready to race.

Progression: Progress to 2v2.