

The 1-0 game

In top level football, one goal is often enough to win. This is due to the best teams being able to keep the ball and starve their opponents of the opportunity to create a chance to score. This session aims to build possession through small-sided games.



What you tell your players the session is about

1. Maintaining possession of the ball.
2. Learning when to speed up passing and when to slow down in order to control the match.
3. Keeping hold of the lead and winning the game.

Session planner

Warm up 10 mins	Session 12 mins	Developments 15 mins	Game 18 mins	Warm down 5 mins
--------------------	--------------------	-------------------------	-----------------	---------------------

Activity	Kit	Outcome
Warm up	Balls	Players passing and moving off the ball. From <i>The Ultimate Football Warm-Ups Manual</i> , exercise 76
The session	Ball and two goals	The team is using extra players to regain possession
Development	Ball and two goals	The team is able to keep hold of possession and win the game 1-0
Game	Ball and two goals	The team is now more comfortable in possession of the ball and able to control the pace of the game
Warm down	n/a	Gentle jogging and stretching exercises



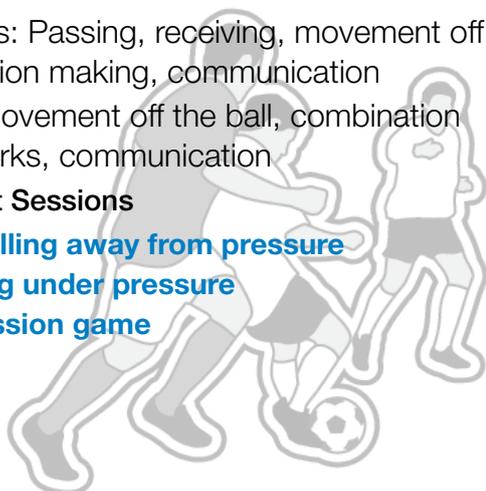
Where it fits

Individual skills: Passing, receiving, movement off the ball, decision making, communication

Team skills: Movement off the ball, combination play, team works, communication

Related Smart Sessions

- 5 [Controlling away from pressure](#)
- 13 [Passing under pressure](#)
- 80 [Possession game](#)



[Click here to download the index](#)



What to think about

- In possession, your players must make the pitch as big as possible.
- There are times when the pace of passing needs to increase as opponents are close to the ball and pressing hard.
- There are times when opponents are not close enough to pressure and the game can be slowed down to draw them in, before speeding up again.
- After losing possession, your players must react quickly. Get them to tighten their formation and make the pitch small. This gives them more chance to regain the ball.





Set-up

Create a 50 yards by 30 yards playing area split in two halves, and with goals at opposite ends.



What you get your players to do

The game is played over two halves of six minutes. One team works on keeping possession by using both goalkeepers as extra players. The other team is trying to win possession and then looking to score past either goalkeeper.

This practice forces the passing team to make the pitch as big as possible, and to trust and use their goalkeepers when keeping the ball. If they do lose the ball, the team must be alert to regain possession as there is a good chance for the opponents to score.



What to call out

- “Make the pitch big”
- “Assess the game to speed up or slow down”
- “Trust your team mates in possession”
- “Move off the ball to receive a pass”



Development

Now play the 1-0 game. The game starts with both teams trying to score the first goal. Once this goal is scored, the scoring team must follow the instruction: “you are leading 1-0 in a cup final with five minutes remaining. Can you keep possession and win the cup?”

The leading team must now keep possession for five minutes without necessarily trying to score. They must try to run the clock down. If the opponents score, the roles are reversed.

The team that can score a goal and not concede for five minutes is declared the winner.

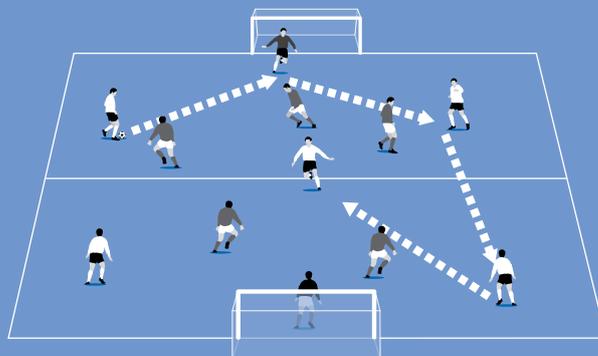


Game situation

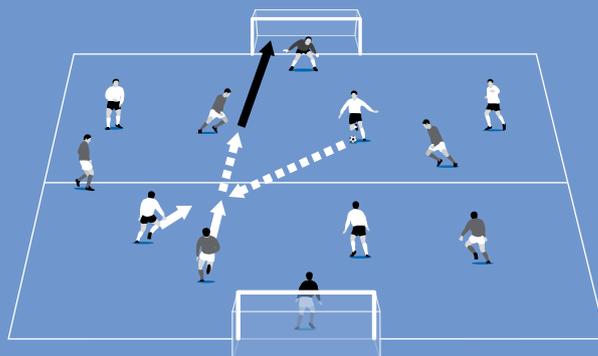
Play a normal game and encourage possession. Teams can be awarded goals for scoring or completing sets of 10 passes.

The 1-0 game

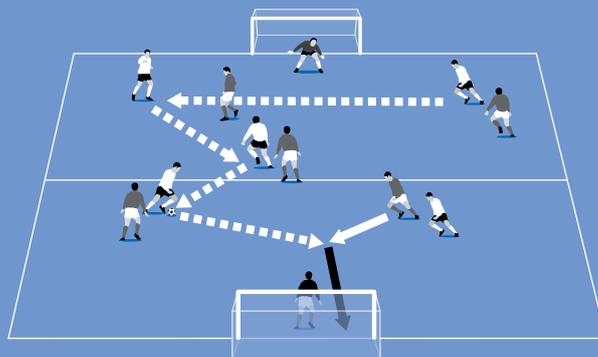
direction of run pass shot



The white team spread out to keep possession and can use both goalkeepers.



However, if the grey team wins the ball, they must quickly score.



The white team is winning 1-0 and tries to keep possession. But the grey team intercepts and scores. They must now keep possession.

