

The “Cole” game

This session is designed around the two “Cole’s” Joe and Ashley Cole of England and Chelsea. This practice combines the two players abilities, Ashley’s 1v1 defending skills and Joe’s 1v1 attacking skills.



What you tell your players the session is about

1. Improving 1v1 attacking.
2. Improving 1v1 defending.
3. Building a winning mentality.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm-up	#19 bib pull away	Players attacking and defending their bib
The session	Goals, balls, cones	The players improve their defending and dribbling skills
Development	Big goal, two mini goals, balls, cones	The attacker and defender compete to score a goal
Game	Goals, balls, cones	Players showing good winning mentality and energy to compete in 1v1 duels
Warm-down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Defending techniques (pressure, jockeying, support and positioning) attacking 1v1, use of skill, turns, shooting

Team skills: This is an individual training session

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What to think about

Developing your ability to attack and defend 1v1 is vitally important to all players.

After all, the best attacker doesn’t always beat the defender and the best defender doesn’t always stop the attacker.

Therefore we must constantly keep working to improve our play when in 1v1 situations.



