



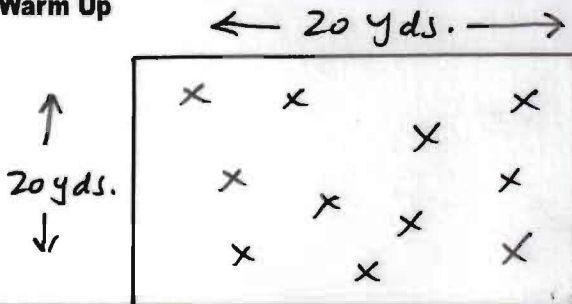
Name: Steve Senna, SMYS DOC  
 Area: CRRP #2

Topic: 1v1 Attacking  
 Objectives: Increase ability to take players on 1v1

**Organization and Equipment**

Outfield Players [10] Goalkeepers [1] Balls [11]  
 Other Equipment Pennies, 4x6 Goals [2], 1 Full Sized goal

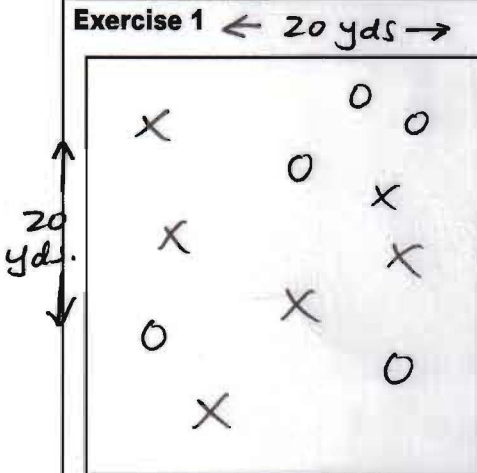
**Warm Up**



**Coaching Points**

In a grid 20 yards x 20 yards, all players with a ball. Players will dribble in grid using both feet and all surfaces (inside, outside soul). Eyes/head up, stay in grid and don't bump into other players. Change directions frequently. [Incorporate Stretching]  
 On coaches command "go" increase to high speed while keeping ball under control. Now on "go" speed up and change direction. Progress through some 1v1 moves, etc.  
 Key CP's: 1. Players keep ball close to their body when dribbling. 2. Players head & eye's up. 3. Burst of speed/change of pace game-like. 4. Can find space and not run into players/out of grid. 5. Can use all surfaces and both feet. 6. Confident

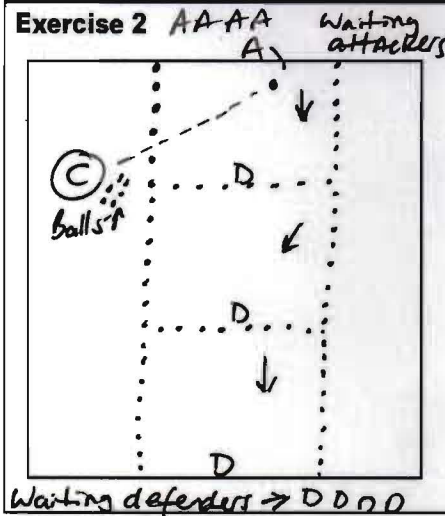
**Exercise 1**



**Organization and Coaching Points**

In same grid as warm up [20 x 20], split players into 2 groups [1/2 in pennies]. On the coaches command of #1, the players not in pennies will knock their balls out of the grid and the players in pennies will dribble as quickly as possible to opposite side of the grid when the command was given. At the same time, the players that knocked their balls out of the grid will defend and try to win the attackers ball and counter attack opposite end of grid. Let the players all get their balls back and dribble and on #2, players in pennies knock their balls out and players not in pennies attack to opposite end of grid. Do this several times making the following coaching points for the attackers: 1. To beat a defender 1v1, you must do it with a combination of change of speed and change of direction. 2. Attack the defenders front foot. 3. Attackers "touches" on the ball must be quality of you will lose the ball to the defender. 4. Attacker must be "deceptive". 5. When a defender "stops" moving their feet, this is the best time to attack their front foot at game speed to get them off balance. 6. After attacker gets past defender, put the defender at your back so they can't recover and cut your angle down. Variation 2: Have 1 group dribbling in grid, other group without ball and on "go" player with ball attack to opposite side of grid beating defenders. If defenders win ball, they just dribble outside of grid. Change attackers.

**Exercise 2**

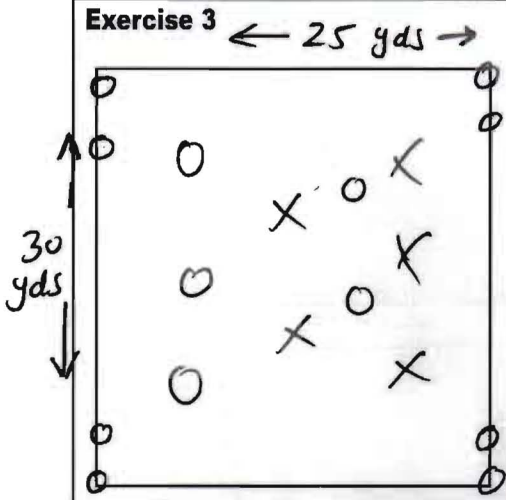


**Organization and Coaching Points**

Set up 3 connected grids each of 15 x 20 in succession. Keep players separated into 2 groups as in exercise 1. Place one group at each end of the 3 connected grids. One group will be attackers and one defenders (they will eventually switch roles). The group defending will place 1 defender on their end of each of the 3 grids. The coach will play a ball to the 1st attacker and that attacker, the defender in the 1st grid can then come and defend the attacker (each of the 3 defenders will stay at the back of their grid until the attacker enters their grid). The attacker will try and beat each of the 3 defenders. Defenders move up one grid each time attacker is going to change. Groups switch roles. Make all key coaching points that were made in exercise 2. Be sure to commend players that do well and are examples (are painting the picture) of what you want to see out of 1v1 attacking.



**Exercise 3**

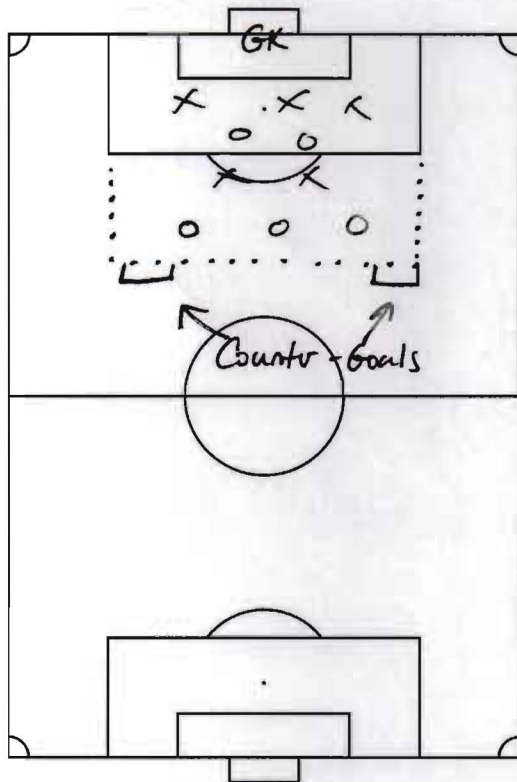


**Organization and Coaching Points**

4 Gate Goal Game - Set up a field in a grid 25 yards long and 30 yards wide. Keep players split into 2 groups/ or teams. The gate goals are placed in the widest possible positions. Now just play the game, however, in order to score, the 1st attacker (player with ball), MUST attack a defender 1v1 and beat them, then dribble through the gate goal (dribble penetration).

Play for 10 - 15 minutes depending on how much time is available.

**Final Game**



**Organization and Coaching Points**

On 1/2 of the field and using 1 full sided goal (with a Goalkeeper) with the size of the field the width of the penalty area (44 yards) and the length no more than twice the length of the penalty area (36 yards), place 2 small counter goals at the opposite end of the full sized goals (for the team defending the full sized goal to counter-attack to...).

Play the game 5v5 or 6v6 (depending on the number of players you have available) In order to "score a goal - or take a shot that counts..." an attacker MUST take on and beat at player 1v1 BEFORE they take a shot. after 5-10 minutes, switch ends so that each team gets an opportunity to attack the full sized goal.

Note: If you have a second GK and portable full sized goal, you can place one it at opposite end (rather than the 2 counter-goals) allowing both of your GK's to get some valuable game-like work.

If GK makes a save, have them distribute the ball underhand or overhand (depending on what's "on" so they get practice on how to do that) - NO punting.

After game have players cool down, and pick equipment up.

Then review the training session and ask questions to see if the players have learned and retained the coaching points.