



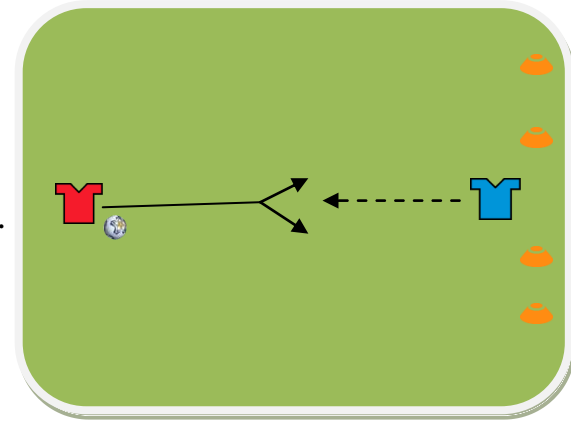
Session Focus.... Attacking 1v1



Organisation/Set up....

Players needed: Minimum of 2 Size of the Area – 10 yards by 20 yards.

In pairs, the defensive player (blue) starts with the ball and passes into the attacker (red) whom tries to dribble past the defender and through gates left or right.



Corner Coaching Points and Detail....

Ball manipulation from side to side using different parts of the feet

Change of speed

Fake or feint

Skill or trick.

How to play....

Player Challenge....

Measure your progress: Keep practicing your attacking skills. Every week, test your attacking techniques.

Log your progress each week and look for your personal improvement. With this test, have 10 attempts in the 1v1 situation.

How many times were you successful out of 10? If defender gains possession he/she dribbles to the attackers start position.

Technical/Tactical

How:

Close ball control (small touches) using outside, inside or sole of the foot.

Acceleration and deceleration.

Step over or Ronaldo chop.

Why:

To confuse and get the defender off balance so we can get past them.

When:

Taking on a defender that has no support and space behind them.

Why:

To shoot (or create a scoring opportunity for a team-mate in a match scenario).

Physical

How:

Accelerate towards the defender then on approach drop the right shoulder and transfer body weight to the right side, then instantly push off that right foot transferring body weight to the left side taking the ball with you and visa/versa.

Why:

To get the defender off balance.

When:

When dribbling at an isolated defender

Why:

To get the defender off balance and get past them..

Psychological

How:

Be positive, confident, creative and intelligent with the ball.

Why:

To confuse and make the defender commit to a bad decision resulting in gaining an advantage in an attacking scenario.

When:

The defender is isolated and has no support.

Why:

To gain an advantage and exploit the scenario.

Social

How:

In a match scenario listen and trust your team-mates information and communication.

Why:

They have the best visual pictures of the scenario.

When:

Similar 1 v 1 situations occur.

Why:

Trust team-mates decisions

