

1 v 1 PRACTICE GAMES

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## 1V1 PRACTICES

## Introduction

It's vitally important that players are able to attack and defend in 1 v 1 situations. I honestly believe that if a player is unable to do this then they shouldn't be given a place on a team.

Coaches often accelerate into small games of $3 \mathrm{v} 3,4 \mathrm{v} 4,5 \mathrm{v} 5$ etc without spending adequate time on the basic attacking and defending principles.

1 v 1 practice games are vital to any coach as this situation occurs naturally in any game. players must feel comfortable dealing with these situations and finding a solution whether they are in attack or defence. The practices in this journal are designed to be unpredictable, forcing the players to make quick choices / decisions in order to come out on top.

## Insights that I would give my players are

In attack -

- "Try to slow the defender down and then accelerate"
- "All you need is half a yard"
- "Take the defender away from where you want to go, this will give you the space to attack"
- (For example a right footed player would take a defender to the left, before accelerating quickly into the space created on the right)

In defence -

- "Close the space"
- "Show away from danger or towards a team-mate"
- "Force the opponent to play backwards or sideways"
- "Be patient and stay on your feet"
- "If you delay the attacker for 3-5 seconds then you will have given your team mates enough time to recover and support you"


## 1 V1 DISGUISE



## SET UP / RULES

The defender passes the ball to the attacker and races out to defend The attacker must show a disguise and try to score in one of the two goals

For the next attack, the player rotate positions

## 1V1 LOSE THE DEFENDER



## 1 V1 - PENALTY AREA



## 1V1 RECOVER TO DEFEND



## SET UP / RULES

The blue attacking player starts in the gate
The blue player must pass to the red "defender"
The red defender passes into space on the right or left
Immediately the blue player runs to collect the ball and then attempts to score
The red player must run through the gate and then attempt to stop the blue player from scoring

## 1V1 LOSE YOUR MARKER



## 1 V 1 FINISHING CIRCUIT



## SET UP / RULES

3 station finishing circuit
1 - the attacker has three touches to score in a 1v1 against the keeper
2 - the defender passes to the attacker who must dribble away from the defender and score
3 - the defender passes to the attacker who attempts to lose the defender and score in one of the goals After each turn, The players move onto the next station. On stations 2 and 3 you must defend first and then attack

## 1 V 1 RANDOM



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## SET UP / RULES

One player works as the attacker and starts in the middle of the pitch
The other players stand by a numbered cone and get ready to react as defenders
To start the practice, the coach calls out a number.
Immediately, the attacker attempts to score whilst the defender whose number has been called must race back to defend.
For the next attack, the attacker replaces the defender and the defender becomes the new attacker.

## 1 V1 CONTINUOUS - 4 GOALS



## 1 V 1 CONTINUOUS - 1 GOAL



## 1 V1 CONTINUOUS - 2 GOALS



## SET UP / RULES

The middle "attacking" player must dribble into one of the end zones and attempt to score in a 1v1 situation. Once the attack is completed, the defending player receives a ball from the coach and attacks the opposite end.

The original attacker now takes a rest and a new defender enters the pitch.
Therefore, all players must defend a 1 v 1 , attack in a 1 v 1 and then rest.

## 1 V1 TEAMS



## 1 V 1 SHOOT, REACT AND DEFEND



## SET UP / RULES

The attacker plays a one-two with the target player and then runs to shoot at goal.
Immediately the target player reacts and runs to receive a pass from the coach.
The target player then dribbles to score whilst the shooting player must react and defend 1 v 1 .
For the next attack, the shooting player becomes the target player.

## 1 V 1 CONDITIONING DEFEND


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## SET UP / RULES

The players work on the coaches whistle.
Whistle 1 - the defender must sprint and jockey the $1^{\text {st }}$ mannequin.
Whistle 2 - the defender must sprint and show the $2^{\text {nd }}$ mannequin inside.
Whistle 3 - the attacker dribbles onto the pitch and the defender must defend a 1 v 1 situation.
For the next attack, the attacker and defender must switch positions.

## 1 V 1 FORCE AWAY FROM GOAL



## SET UP / RULES

The three attackers must stand by one cone each. The defending player starts in the middle of the pitch.

To start, the coach passes to one of the attackers.
The attacker can only score in the goal they are facing.
The defender must now react and defend by forcing the attacker away from the goal.
For the next attack, the defender and attacker rotate positions.

## 1 V 1 STOP THE TURN



## SET UP / RULES

Two teams
The $1^{\text {st }}$ goalkeeper starts the practice by rolling the ball to a team of their choice. Immediately the receiving player must attempt to turn and score.
The player who does not receive the pass must now react and become the defender.
The next attack is started by the $2^{\text {nd }}$ goalkeeper.

## 1 V 1 ATTACK / DEFEND REACTION



## 1V1 DEFENDING TECHNIQUE


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## SET UP / RULES

The players react to the coach's call of "jockey", show left, show right" and quickly run to put the mannequin under the correct pressure. Once the players are comfortable with this
exercise, the coach can now introduce the balls and "real" 1v1 situations. The lay out of the
Pitch has three goals/gates. Firstly, play diagonally to the right, then diagonally to the left and finally have the defender defend straight forward. This will allow the defenders to experience forcing the attacking both sides and work on jockeying.

## 1 V 1 DEFEND YOUR BOX



## 1 V 1 CLEAR AND REACT



## 1 V 1 DRIBBLE WITH DANGER



## SET UP / RULES

The defender starts in the middle.
The first attacker attempts to get past the defender and across to the opposite side.
The defender must attempt to force him out of the area or win possession of the ball. If the attacker is successful in getting across the area then the defender must continue to defend.

However, if the attacker is force out or tackled, the roles are reversed.
The game is played for a set time period.

## 1 V 1 PROTECT YOUR BALL


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## SET UP / RULES

Pairs of players.
One player starts with the ball.
On the coaches whistle, the player compete 1 v 1 for 10 seconds.
The player in possession of the ball is the winner.
The player not in possession is now eliminated.
The winning players must now find a new opponent for the next game.
This game continues until only one player is left.

## 1 V 1 "NO-ONE WILL PASS"


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## SET UP / RULES

The blue player must defend each line and stop the attackers one by one.
To start, player 3 serves player 1 for a header. The defender must stop the ball from going past the line. Immediately, player 2 passes a ball towards the opposite line, the defender must react and run to slide and stop the ball crossing the line.

Now player 3 dribbles onto the pitch and attempts to get to the line opposite.
Finally, player 4 throws the ball over the defenders head and attempts to get it the other side, the defender must shield the ball. The defender gets 1 point for each ball successfully defended.
The player rotate positions for the next game ( 1 to 2,3 to 4 etc).

## 1 V 1 - FRONT AND BACK



## 1 V 1 BATTLES



## ULTIMATE 1 V 1 CIRCUIT

## SET UP / RULES

Pitch 1
The defender passes to the attacker and The runs back to recover. The attacker Attempts to race away and score.

Pitch 2
The attacker dribbles to score in a 1v1 against the defender.

Pitch 3
The serving player passes into the attacker who must attempt to hold off the defender and turn to score.

## Player rotation

After defending on pitch 1, become the attacker. Then move on to attack on Pitch 2 and then defend. Finally, be the server, attacker and then defender on

Pitch 3.

## ASC $^{07}$



## CONCLUSION

1v1 practice games are vital to any coach as this situation occurs naturally in any game. Players must feel comfortable dealing with these situations and finding a solution whether they are in attack or defence. The practices in this journal are designed to be unpredictable, forcing the players to make quick choices / decisions in order to come out on top.

I hope this games journal will help you to develop sessions that motivate and inspire your players to improve.

I was once asked what session I would work on if I was coaching a group of players for the very first time. I replied with 1 v 1 's.

The simple reasoning is that even the best forward in the world is tackled sometimes and likewise even the best defender in the world is taken on, therefore footballers at all levels constantly need to work and develop their 1v1 skills.

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