



Improve 1v1s

Category: Technical: Attacking and Defending Skills
Difficulty: Moderate

Am-Club: Omaha FC
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Screen 1 (10 mins)

Set up: 20x20 grid, two teams of 6 players, players dribbling at game pace, 2 minutes high tempo, rotate players in and out
CPs:

- 1) Ball mastery
- 2) Change of pace
- 3) Space awareness
- 4) Fitness with a ball



Screen 2 (10 mins)

Set up: 20x20 grid, players match up, 1v1s to break cone lines, possession changes back and forth.

Cps:

- 1) Be aware of space and other working players
- 2) Change of direction,
- 3) Skill moves
- 4) Defending role
- 4) Shielding & Turning with the ball



Screen 3 (10 mins)

Set up: 20x20 grid, gates or target areas are added to provide direction for Attacking player

CPs: look for players making fake moves, change of pace, Speed dribbling, positive body language



Screen 4 (25 mins)

Set Up: 6 stations, two attackers and one defender at each station, (18 players shown, adjust to size of squad)

Game, coach will call any number 1 through 6, Attacking player with the ball looks to beat Defender and shoot at goal, If Defender wins the ball allow the Defender to become the Attacker and go to goal.



Screen 5 (30 mins)

Set up: Two correct size goals based on age, two teams, distance from between each team again is based on age, Keepers are added from the start.

Game, coach calls any number, (number 6 was followed by calling number 4) players have the choice to attack either goal.

Possession may change several times. Make sure players are returning soccer balls to the coach.

CPs:

- 1) Ball control
- 2) Alert, speed, presence
- 3) Change of direction
- 4) Skill moves
- 5) Shooting and Finishing
- 6) Fun
- 7) Fitness
- 8) Defending Roles
- 9) Transition

