



Spartans FC

1v1 Curriculum

Forms of 1v1s

- Defender in front
 - Attacking player is able to get turned and 'square up' defender
- Defender behind (most common form in Champions League and English Premier League)
 - Receiving a pass with the defender directly behind you. In doing so he is preventing the attacker from turning with the ball or as the attacker turns applies immediate pressure to the ball
- Recovering defender
 - Attacking player has been played through on goal and the defender reacts trying to catch up and prevent attacker from pulling away
- Defender to the side
 - Attacker and defender are side by side with attacking player in possession of the ball

Why different forms?

- Exposure to a variety of game situations
- This will allow players to be
 - More competent
 - More confident
 - Develop technique
 - Make better decisions
- Modern trends of the game

Defender in front

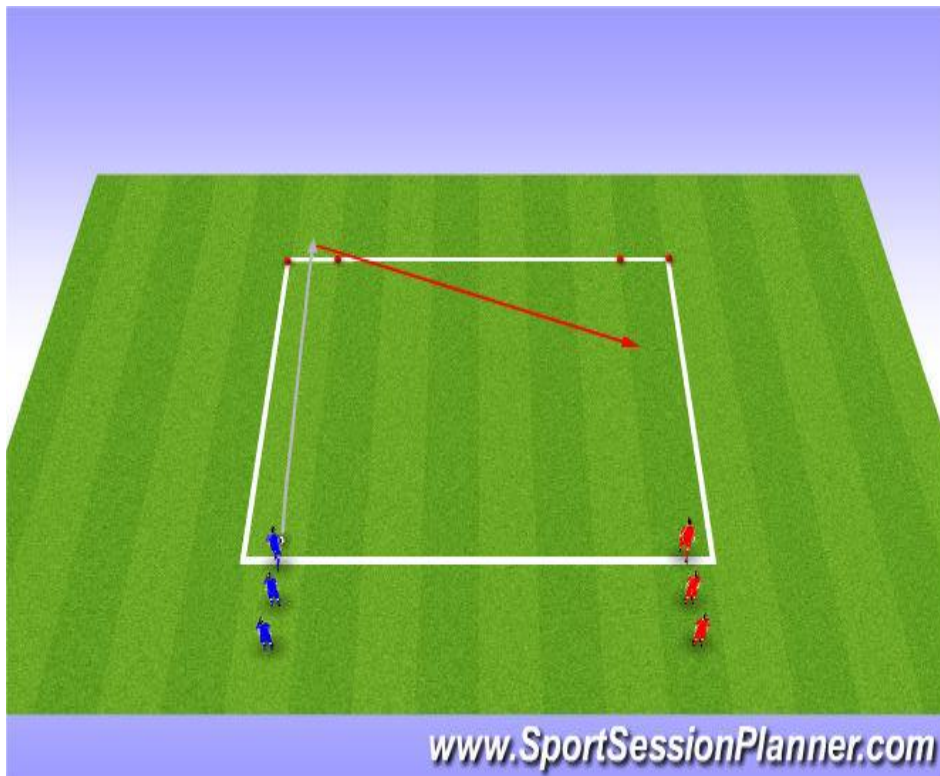
Key Coaching points

- Do not stop the ball on first touch, take into space and draw defender in
- When driving at defender, do so at speed
- Drive at angle against the defender, draw him to one side and then take the other
- Head up and look at movement of defender
- Use of skill to get past defender, perform skill around arms length away
- Accelerate away from defender as quick as possible



Session

Session Layout

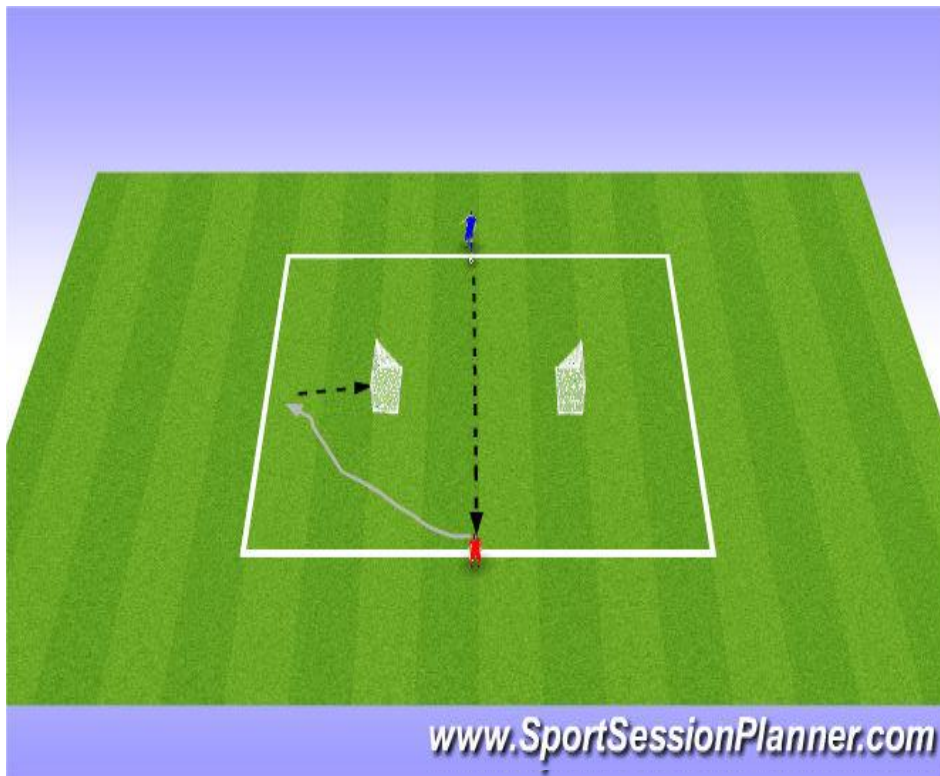


Organisation

- Blues and reds play against each other
- Both sets of players have a ball each
- Blue starts with free dribble through any gate
- As soon as he dribbles through he turns to defend red player who bursts away and looks to dribble through any gate
- Process continues

Session

Session Layout

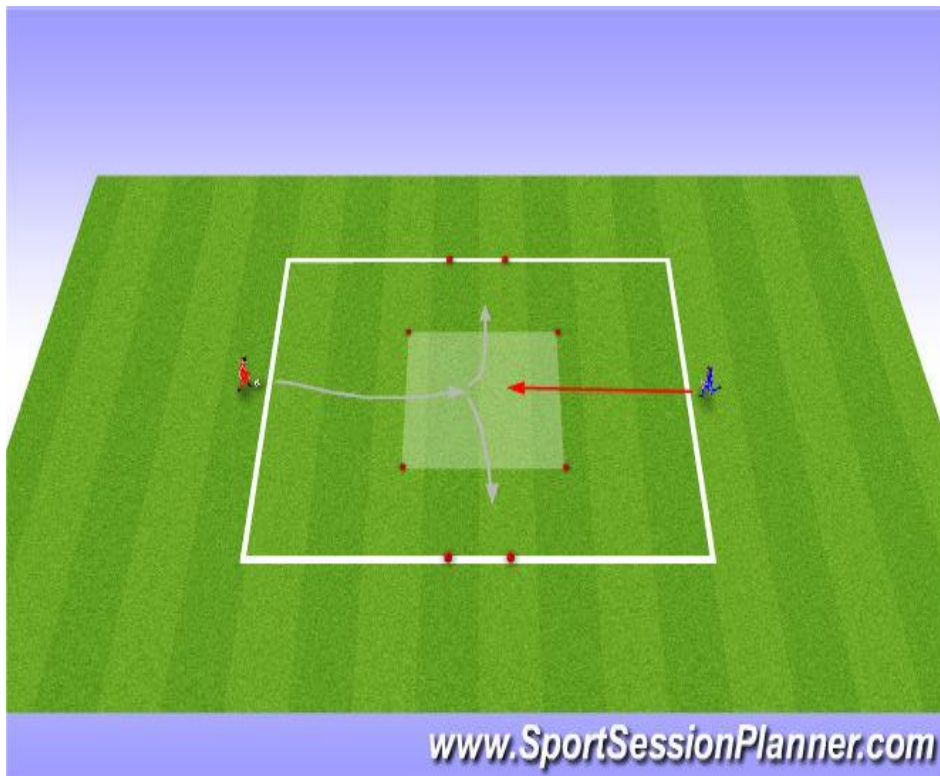


Organisation

- Blue defender starts with pass to attacker
- Attacker looks to score in any goal (goals facing out)
- If defender wins the ball at one goal he attacks opposite
- Players then rotate positions

Session

Session Layout

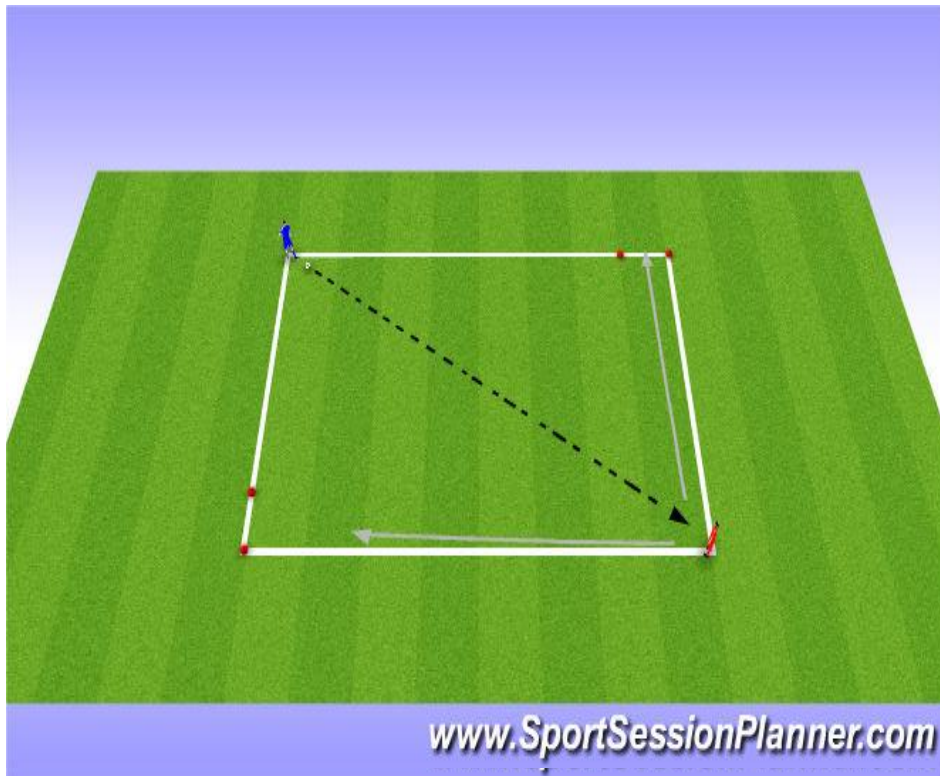


Organisation

- Attacker starts with the ball and looks to dribble into shaded area
- As soon as attacker goes defender comes directly comes out and looks to prevent attacker from getting into shaded area
- Once in shaded area attacker can break out and look to score in any gate

Session

Session Layout

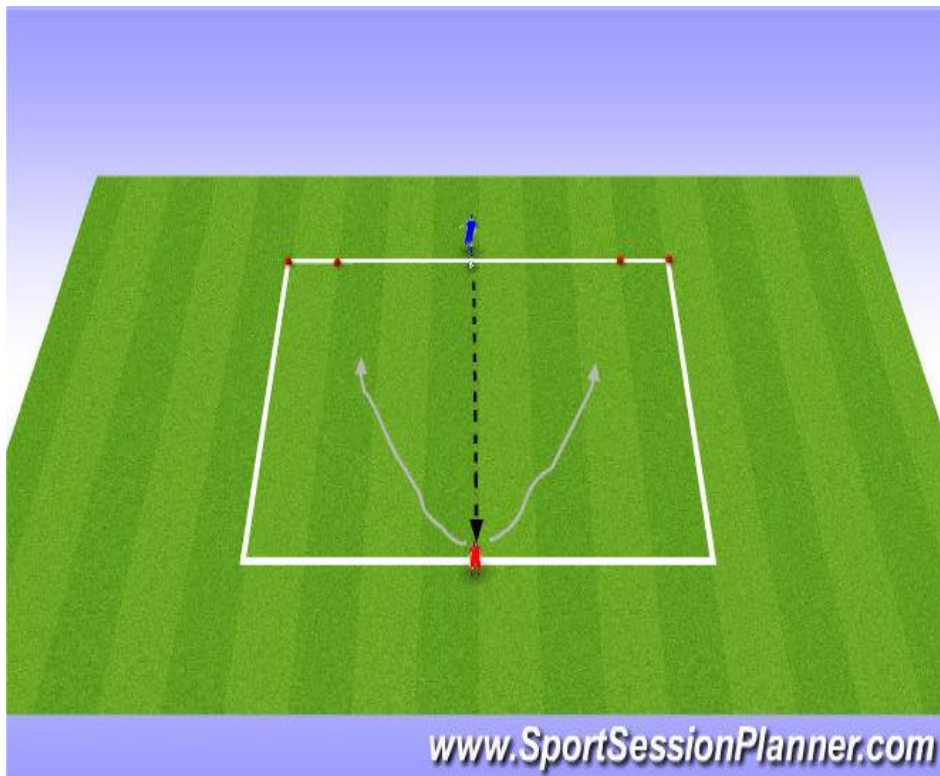


Organisation

- Defender starts with the ball and plays pass down to the attacker
- As soon as attacker receives defender sprints out to press
- Attacker looks to dribble through any of the gates

Session

Session Layout



Organisation

- Defender starts with the ball and plays pass down to the attacker
- As soon as attacker receives defender sprints out to press
- Attacker looks to dribble through any of the gates

Defender behind

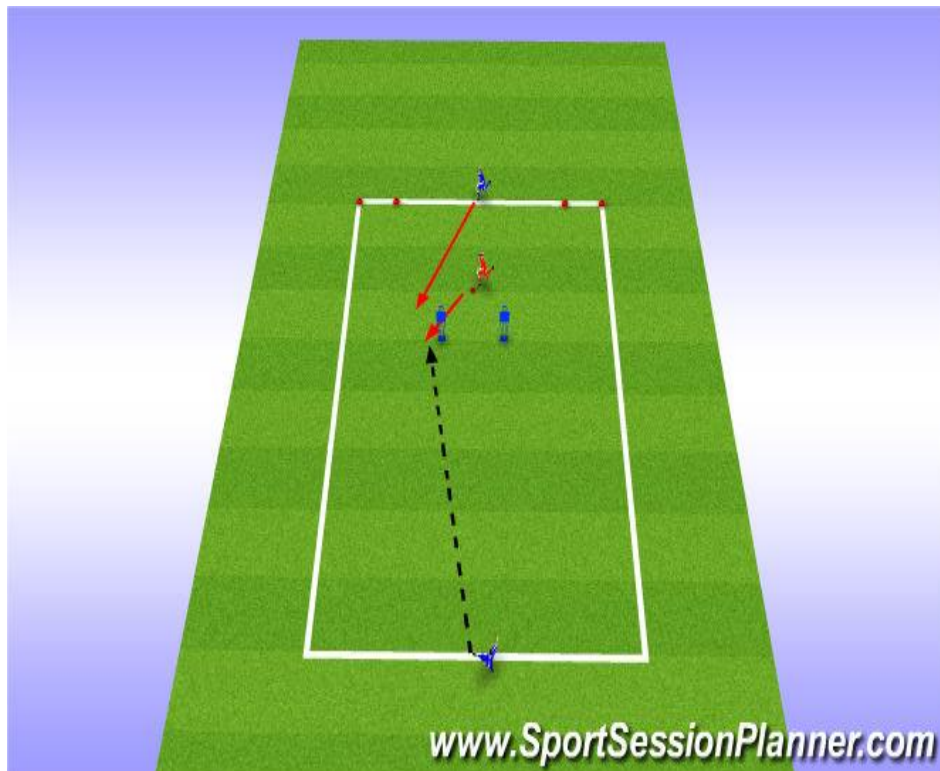
Key Coaching points

- Movement off defender quickly to try and turn
- Always checking shoulders for defender (especially as you make your movement, does he go tight? Does he stay?)
- When receiving a pass make body as big as possible (side on, arm out as protection)
- Can you turn on back foot? Do you need to protect on front foot?
- Try and turn to get at defender, if defender tries to intercept round one side, take the other



Session

Session Layout

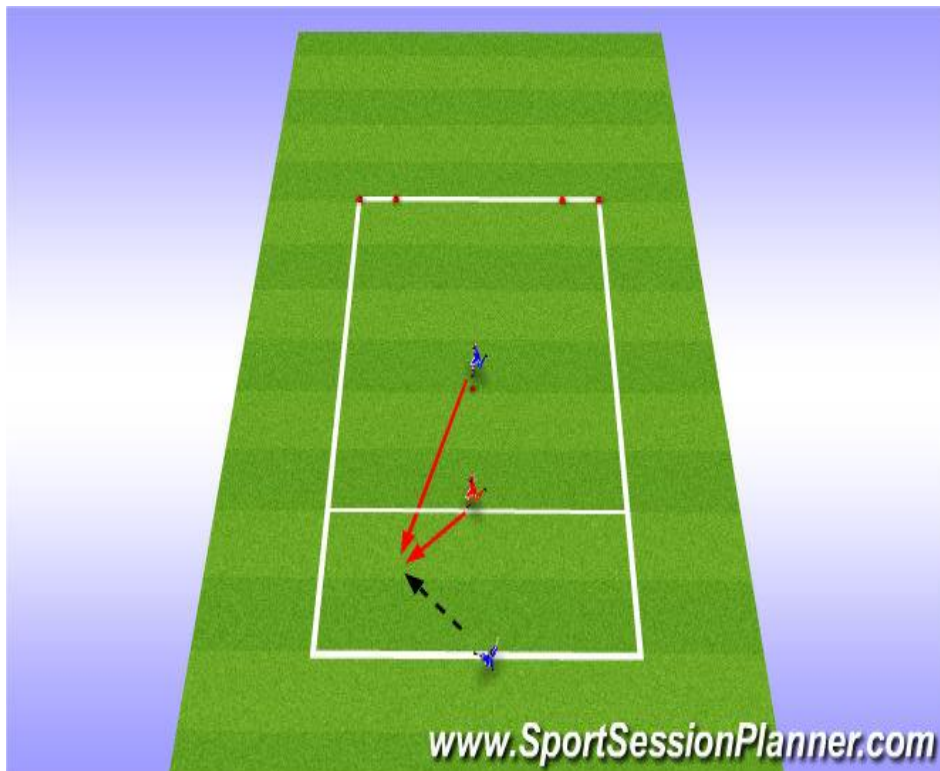


Organisation

- Receiver starts behind the mannequins and checks past a side
- As soon as the receiver makes his move feeder passes in
- As soon as ball travels defender comes out to prevent receiver from turning
- Attacker tries to receive and dribble through any gate

Session

Session Layout

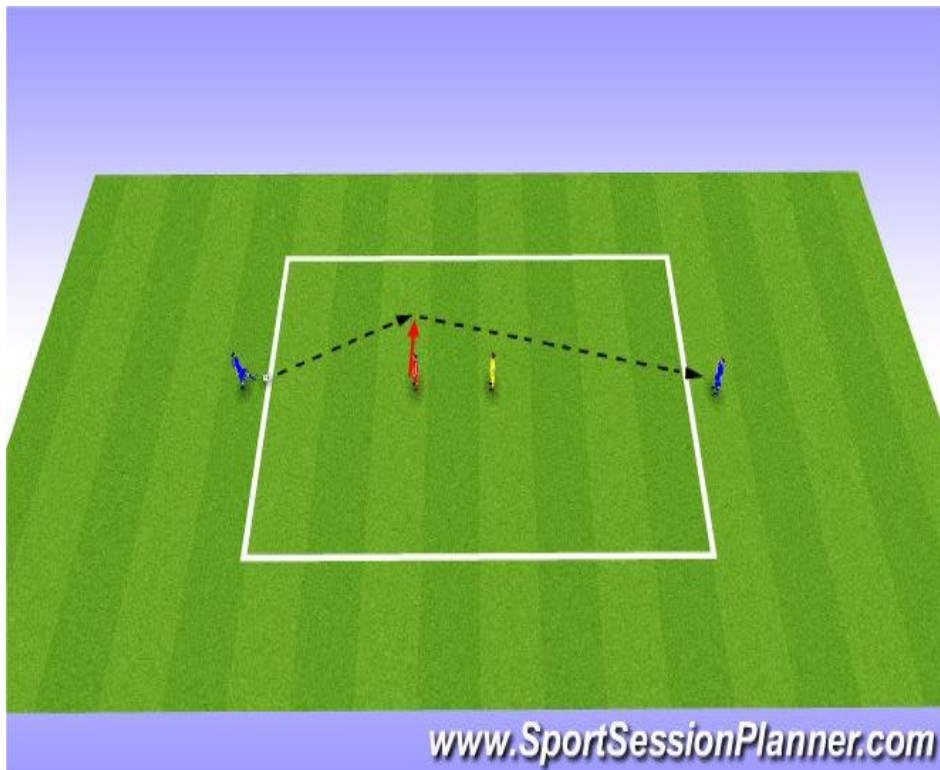


Organisation

- Receiver starts on white line with defender 6yds behind on a flat marker
- Feeder throws a ball in and attacker must react
- As soon as ball is thrown defender can come and press the ball
- Attacker tries to receive and dribble through any gate

Session

Session Layout



Organisation

- Blue players start on outside
- Yellow against red 1v1, player in possession looks to switch the play from side to side
- Count how many times ball is transferred from side to side

Recovering defender

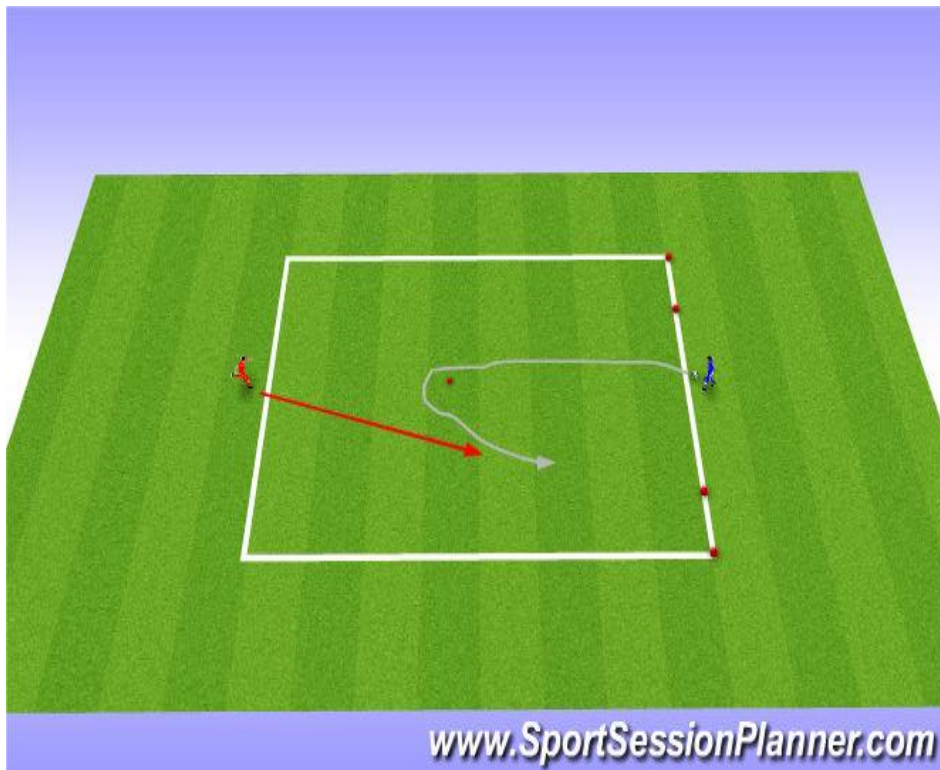
Key Coaching points

- Before receiving the ball have a quick scan of shoulder to see how far defender is away
- Accelerate when you receive the ball
- Can you take touch across the defender (slow him down or make him commit foul)
- Quick decisions, particularly when through on goal, look forward



Session

Session Layout

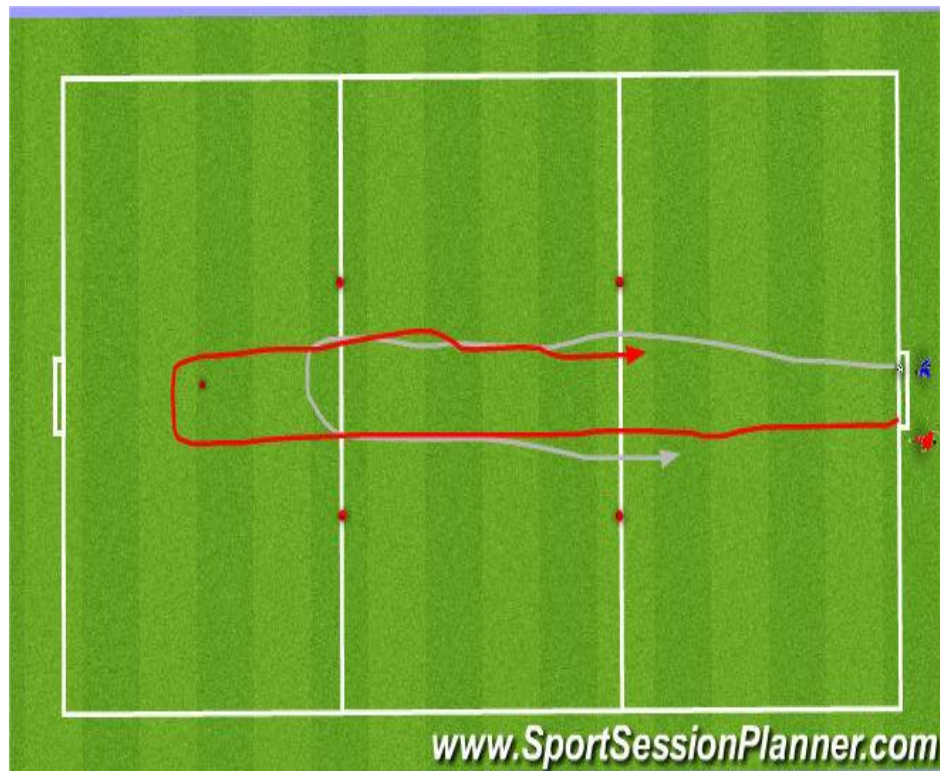


Organisation

- Blue attacker starts with ball, he dribbles out and drives round the red flat marker
- Red defender starts 5yds beyond the flat marker
- As soon as blue attacker gets round the red flat marker red defender can recover and try and stop attacker
- Attacker looks to dribble through gates

Session

Session Layout



Organisation

- Attacker and defender start side by side
- Attacker has ball and dribbles past second line of red and turns
- Defender sprints round far away red cone and tries to stop attacker from driving through first line of red cones

Defender to the side

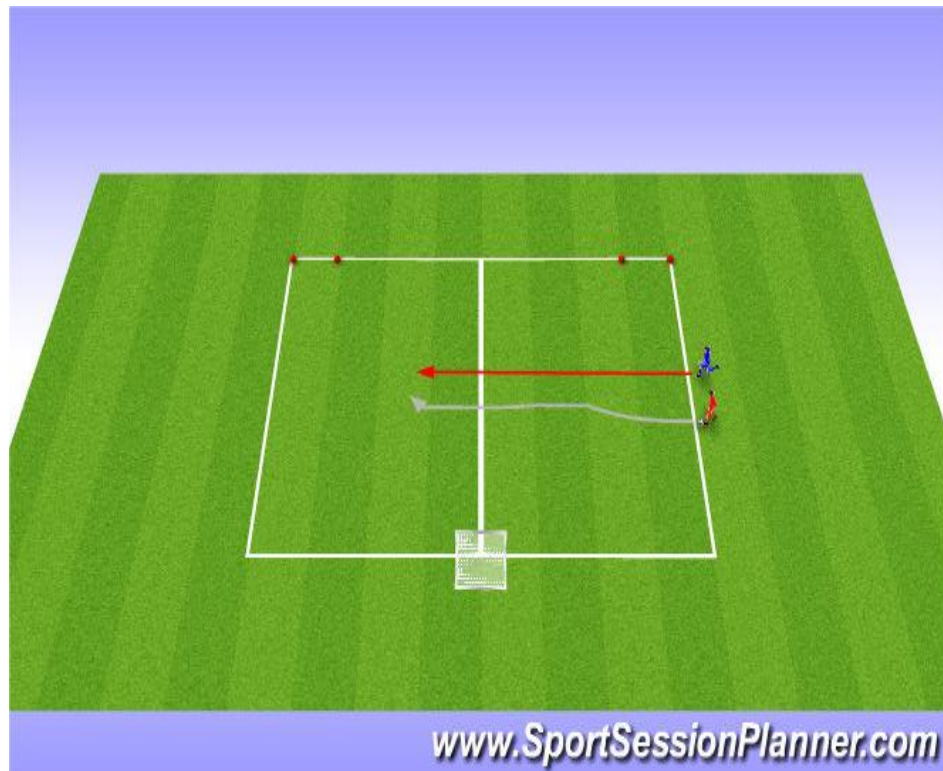
Key Coaching points

- Keep the ball safe side (furthest foot away from the defender)
- Use arm to protect the ball
- Try and get beyond the defender then take touch across the slow him down
- Fake to go forward to then chop back inside



Session

Session Layout

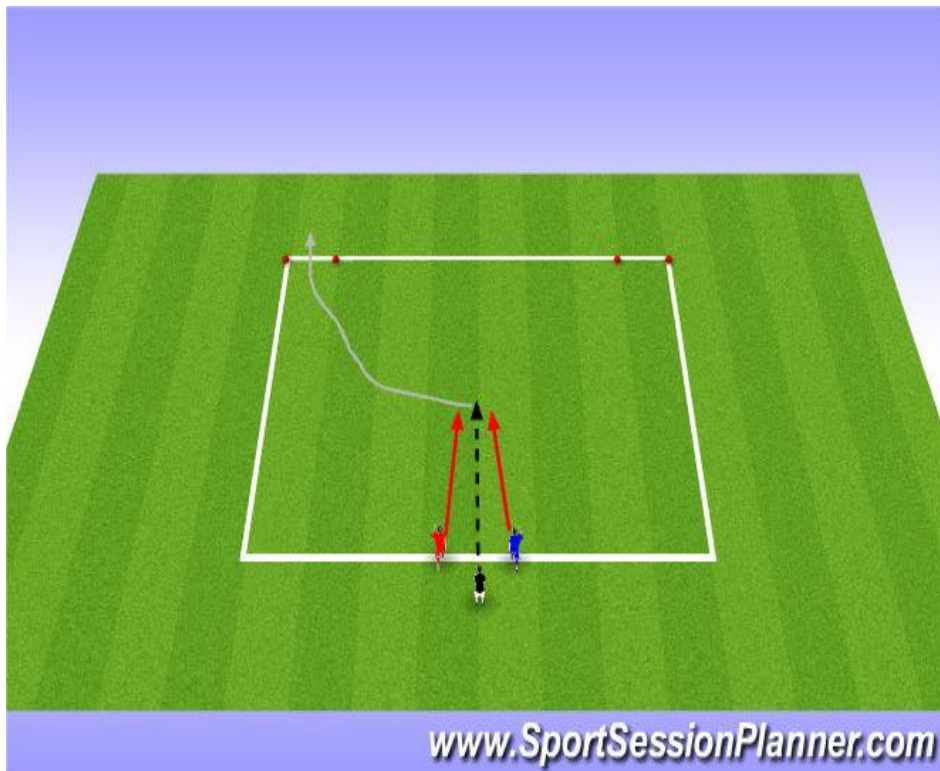


Organisation

- Attacker starts with the ball with defender standing next to him closer to gates
- Attacker has ball at his feet and as soon as he bursts away with the ball defender chases
- Attacker must get over the white line before being able to dribble through gates
- If defender wins the ball he scores in mini goal

Session

Session Layout



Organisation

- Blue and red stand side by side facing forward
- Coach roles ball between the two and it becomes a race to the ball
- As soon as one player gets in possession of the ball they look to drive through any gate
- If defender wins the ball he drives over white line where ball started from

1v1 specific Small Sided Games

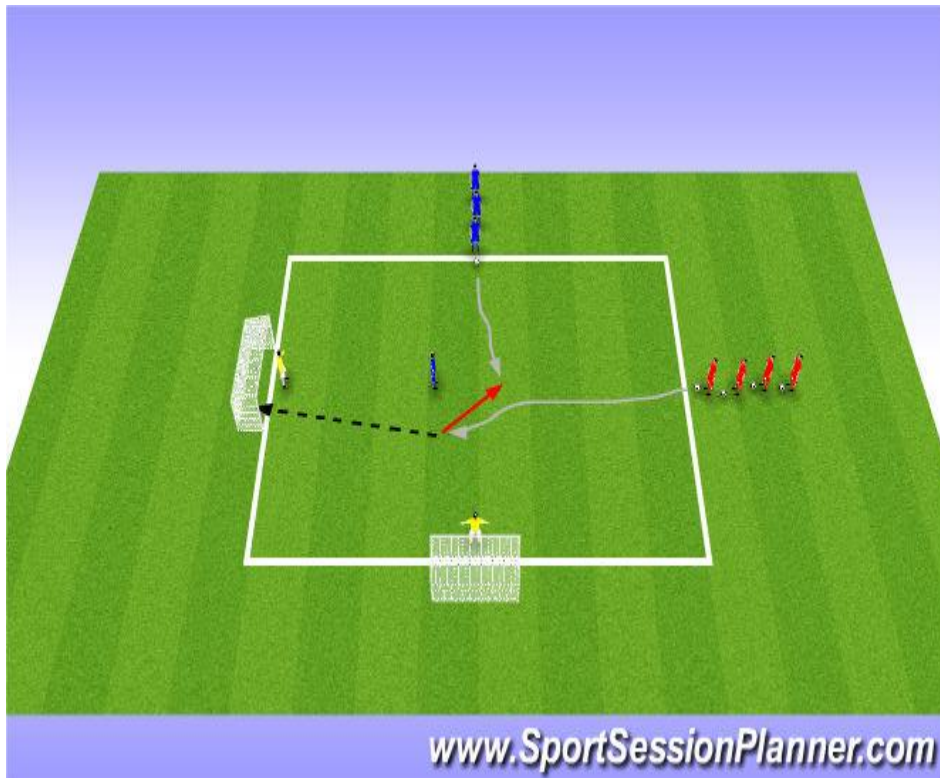
Key Coaching points

- Coach within the game
- Allow players to make decisions
- Organise players into a structure to maximise 1v1 opportunities



Session

Session Layout



Organisation

- Reds against blues, each player has a ball, count the goals
- Reds attack first and try to score in goal directly opposite
- As soon as ball breaks down red attacker becomes a defender and blue at the front of his queue comes out and tries to score in goal directly opposite
- Process continues

Session

Session Layout

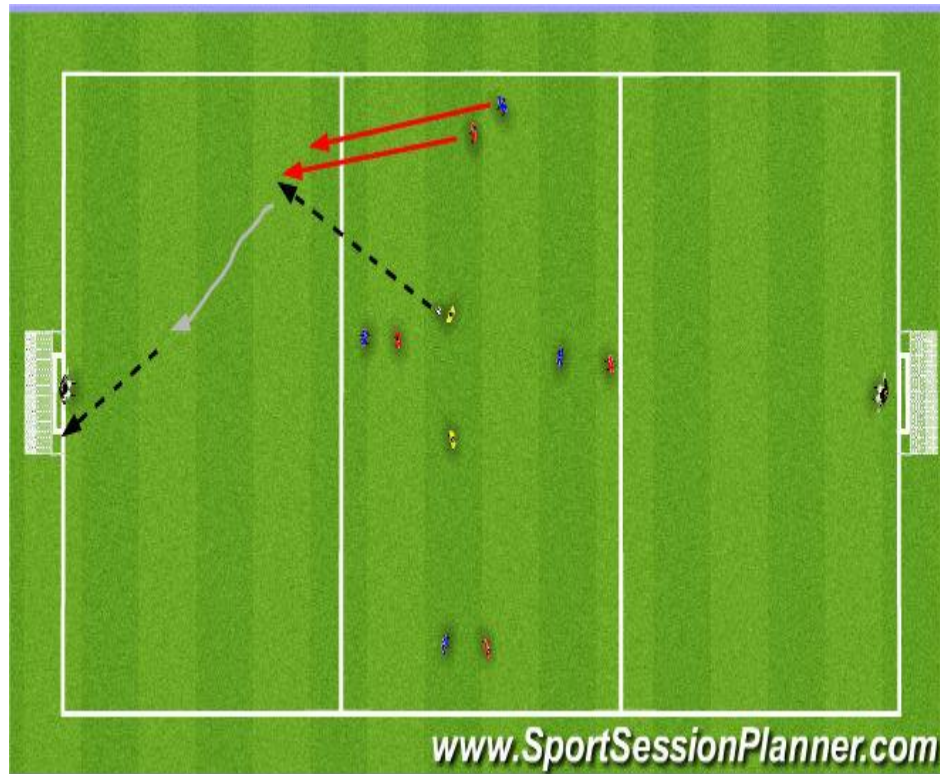


Organisation

- 3v3 in middle area, reds attacking one way, blues attacking opposite
- If a player can break out middle area he goes 1v1 against the defender and tries to score by dribbling into shaded area (end zone)
- Allow players defending end zone to be used by teammates to keep the ball
- Allow players to rotate

Session

Session Layout

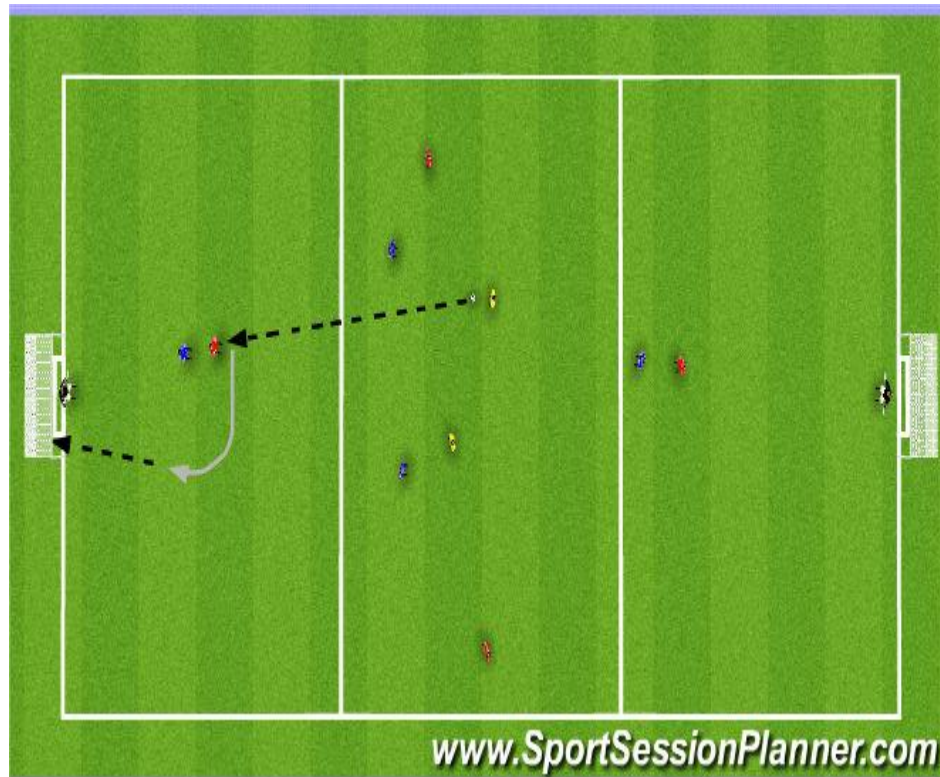


Organisation

- 4v4 in middle area with 2 floaters. Both end zones free with reds attacking one way, blues the other
- Players look to release teammate in end zone with one recovering defender (may also players to drive into end zones and go 1v1 against defender)
- Depending on age group be strict with offside
- If ball breaks down coach starts with pass into middle zone

Session

Session Layout

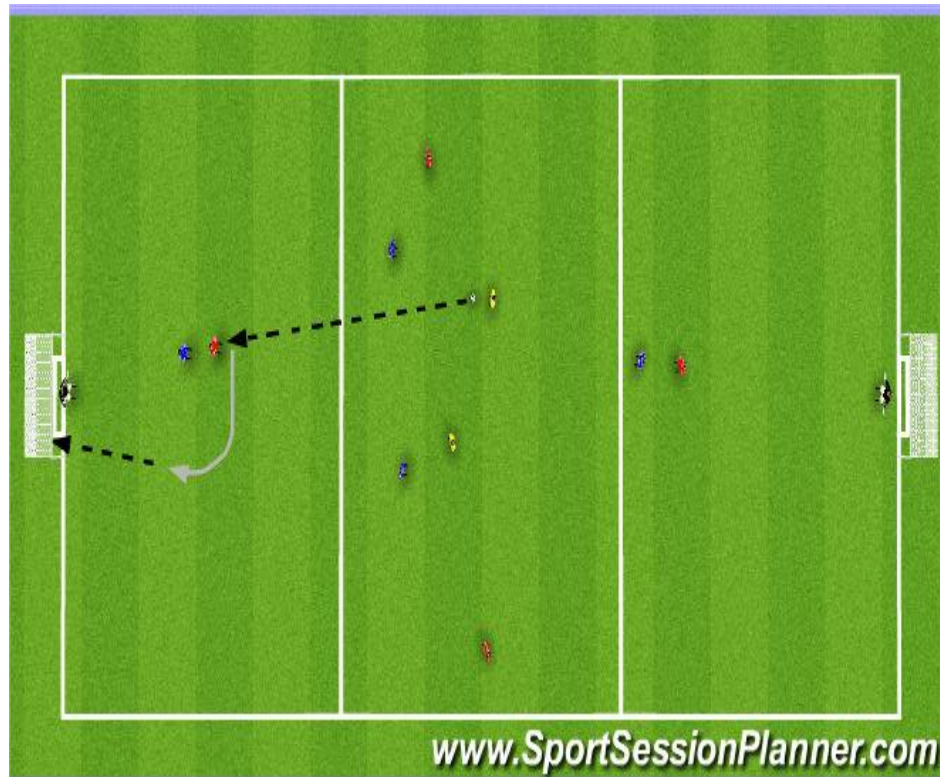


Organisation

- 2v2 plus 2 floaters in middle zone. 1 attacker and 1 defender in each end zone with one
- Players look to release teammate in end zone with one recovering defender (may also players to drive into end zones and go 1v1 against defender)
- Depending on age group be strict with offside
- If ball breaks down coach starts with pass into middle zone

Session

Session Layout



Organisation

- 4v4 with normal game
- If a player receives in wide area (shaded zone) only him and one defender can enter that zone for a 1v1
- Player can drive down the line or decide to come inside
- Ask players when are where is the right time to go 1v1, when is it right to move the ball on