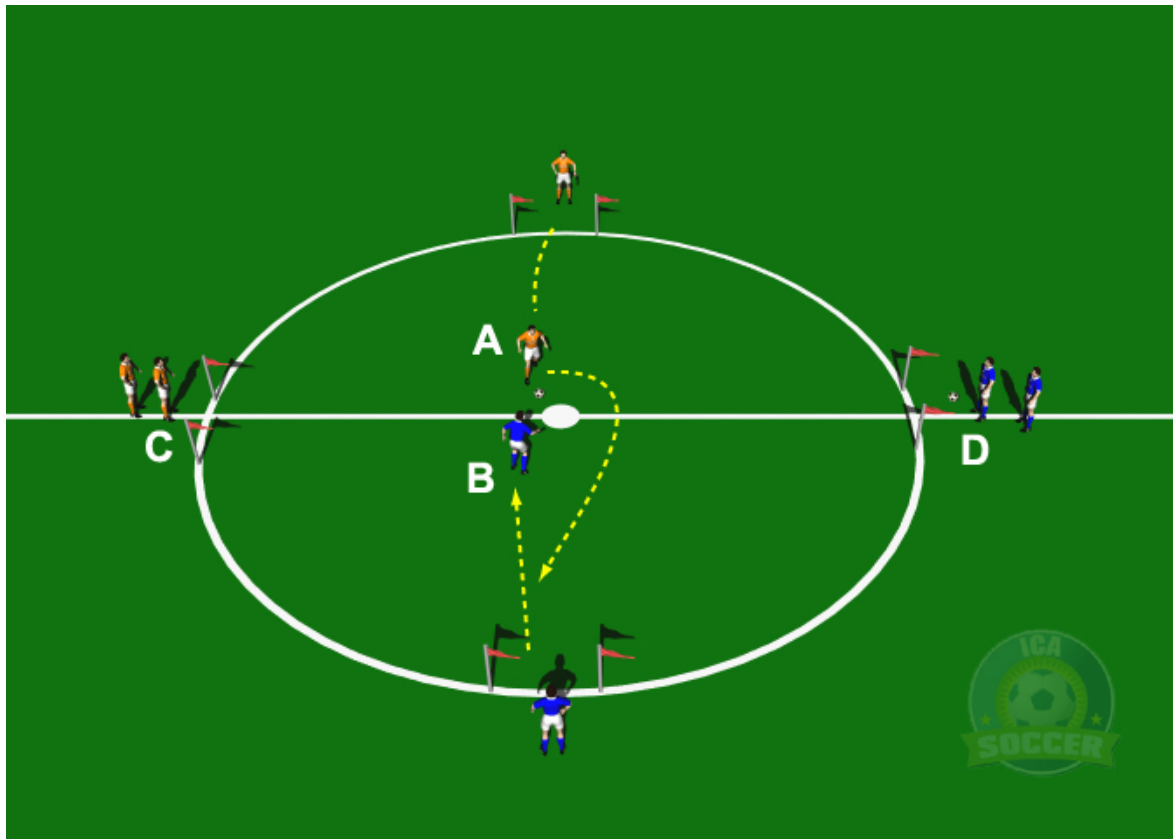


1 v 1 to Small Sided Goals



Exercise Objectives:

This is a 1 v1 defending/dribbling exercise that can be used for players at all ages and levels of ability. The coach should focus on technique of the defender in a 1v1 situation.

Field Preparation

- ☆ Entire Group
- ☆ Center Circle on field
- ☆ Cones or Flag poles
- ☆ Supply of Balls
- ☆ Colored Bibs

Coaching Pointers:

Divide your team into 4 equal groups. Position each group as in the diagram above. Group "A" plays group "B", and group "C" plays group "D". (Rotate groups frequently so they play different opponents).

The sequence starts when player "B" passes the ball to player "A". Player "A" then attacks player "B" with the ball and tries to score a goal between the two flag poles. If player "B" can win the ball he can counter attack and score. Once the play is dead the drill is repeated from the opposite side with groups "C" and "D".

Progression: Progress to players now being able to also score in the side goals. So now they can attack side to side, or straight ahead, but still involving only 2 players.

Focus On:

- ☆ Quick tempo when defending (speed is the key)
- ☆ Realistic full pressure defending.

Knowing "When" and "When" not to tackle is a very important quality for smart defending. Good defenders will pick the right time to win the ball, knowing that the pressure is on the attacker to beat his man. Experienced defenders will look to slow down the attacker and eliminate the momentum the attacker may have. This allows time for teammates to recover back goal side of the ball.

Tips to Consider:

Approach the attacker cautiously if he has good possession of the ball. Slow down your approach speed on your last few steps. Don't stop too close to the defender. This is when you are at your most vulnerable, because the exact moment you plant your feet to transfer your weight, good forwards will play the ball past you. You can compensate by stopping approximately 2 yards away from the attacker, then slowly edge in for the tackle. Watch the ball. Cunning forwards will use a variety of body and head feints to throw you off balance. Players lie, but the ball does not.