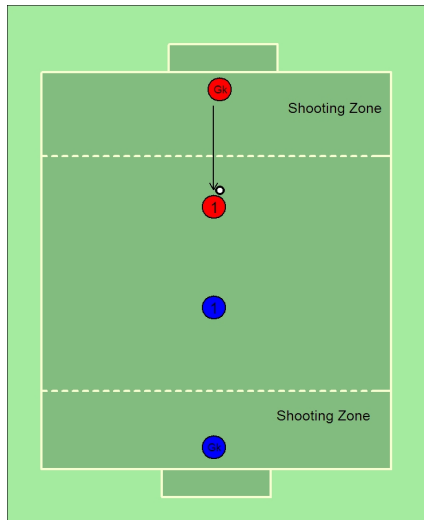




Contents

1v1

1v1 duel	2
1v1 in four rows	3
1v1 in four squares	4
1v1 recover drill	5
1v1 sharp turns	6
1v1 three goals	7
1v1 with 4 goals	8
1v1 with wingers	9
B	10
Ball mastery 1v1 with sprint	11
Bm 10 basic 1v1 set up	12
D6 ronald koemans 1v1-2v2	14
Many 1v1	15
Skill game 1	16
Skill game 2	17
Skill game 3	18
Two goal	19

**1v1 duel****1v1 Duel****each game last 3 minutes**

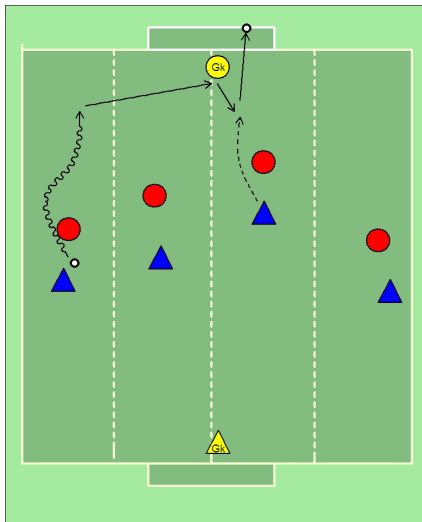
- The game starts with the goal keeper playing the ball out.
- The attacker has to try and score on the goal he is also able to use the keeper who must stay in the shooting zone.
- All shots must shoot from inside the shooting zone.

Progression

- Shots can only be taken from outside of the shooting zone.
- **Look for!**
- be brave face the defender and take him on. fast feet can you put the defender of balance? Relax on the shot areas of the goal to hit.



1v1 in four rows



1v1 in four rows

Set-up

2 Goals, cones, balls.

Organisation

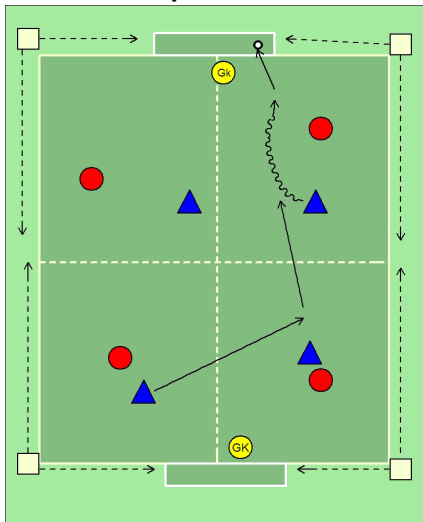
- Split the pitch up into four lines,
- Players play 1v1 inside the lines.
- Players are not allowed to cross the lines.
- Players can pass the ball into teammates.
- Object is to score on the goal.

Look for!

Tempo - concentration - Attitude towards 1v1.



1v1 in four squares



1v1 in four rows

Set-up

2 Goals, cones, balls.

Organisation

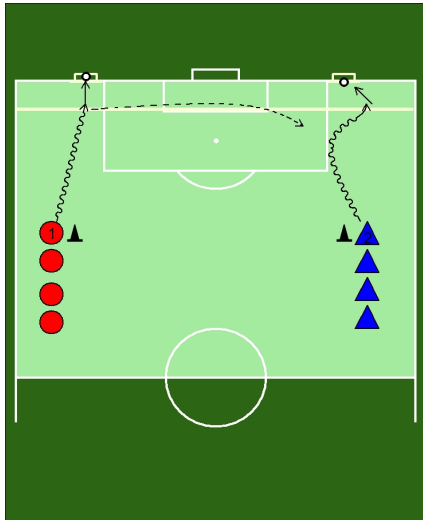
- Split the pitch up into four squares
- Players play 1v1 inside the squares
- Players are not allowed to cross the lines.
- Players can pass the ball into teammates.
- Object is to score on the goal.

Progression

- Add Neutral players on the outside who can be used as rebound players for both teams.

Look for!

Tempo - concentration - Attitude towards 1v1.

**1v1 recover drill****1v1 recover drill****Set-up**

2 Mini goals, shooting line which is 5m from the goals.

Organisation

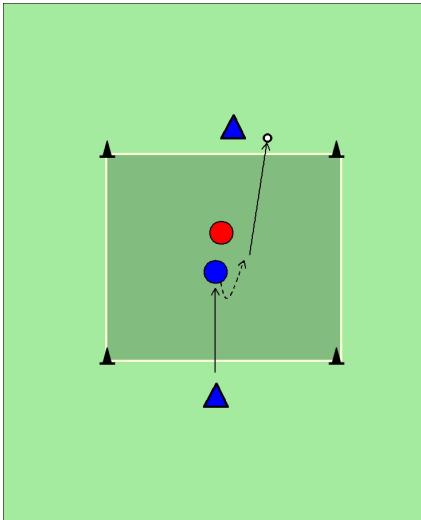
- Player 1 dribbles the ball towards one of the two goals.
- Once player 1 has crossed the shooting line player 2 can attack the goals.
- Once player 1 has defended the goals he then joins the back of the queue.

Look for!

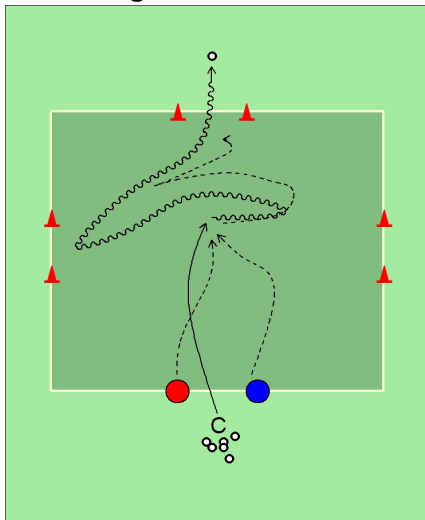
Tempo - concentration - look up before striking the ball.

Questions to ask?

- What is the best goal to attack and why?
- How close do you want to be to the goal to shoot?
- How should you respond once you have taken your shot?

**1v1 sharp turns****Sharp turns 1v1****3min**

- Two players play inside the square one acts as the defender and the other is the attacker.
- The two players on the outside play the ball into the square and the attacker has to turn and play the ball to the opposite receiver.
- **Look for!**
- The correct technique on the turns - Use your upper body to defend the ball - can you put your opponent off balance..

**1v1 three goals****1v1 Three goals****Set - Up**

3 goals - bibs - supply of balls.

Organisation

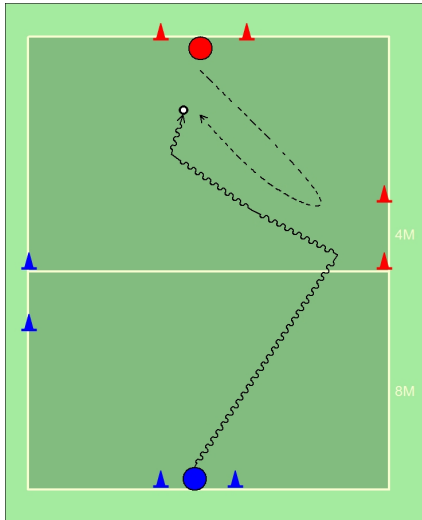
- The coach plays the ball out and the two players sprint out to the ball.
- The players must attempt to win the ball and then dribble through one of the three goals.
- players can score extra points for making a dummy run and turn away from a goal.

Look For!

Tempo (can you keep it up) - Technical skills (first touch, head up, dribbling skills) - Concentration.



1v1 with 4 goals



1V1 Skills (with 4 Goals).

Set-Up

Cones - bibs - supply of balls.

Organisation

- Played on an area of 12mx16m with four goals set out 4m wide.
- The player with the ball starts his attack from inside the end goal.
- When the attacker touches the ball the defeneder is able to come out and defend his two goals.
- Players must dribble through the goals to score
- After their turn players switch sides.

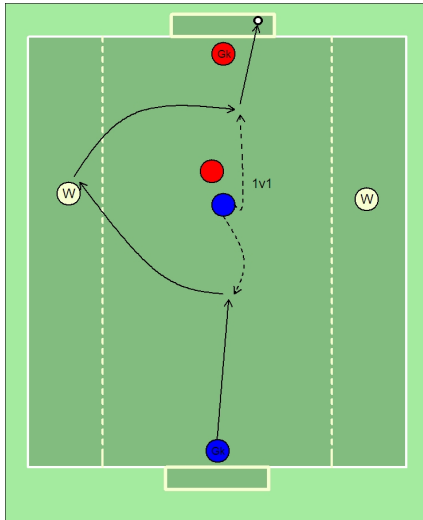
Look for!

High Tempo - correct technique - looking up - ball feeling. be relaxed, good attitude towards dribbling.

This can also be used as a tag game and played without the ball to encourage agility and body movement.



1v1 with wingers



1v1 With Wingers

Set up

- 2 Goals
- 2 keepers
- Supply of balls
- bibs

Organisation

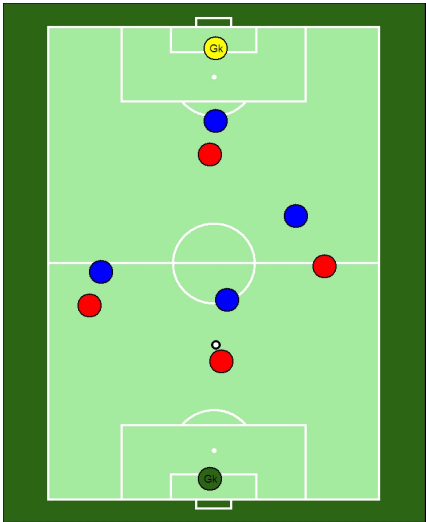
- One of the keepers always starts with the ball and he must play out to the forward and not the neutral wingers.
- Once the attacker has recieved the ball he can then choose to pass to a winger or dribble past the defender and attempt to score on goal.
- The game continues untill a goal is scored or the ball goes out of play.

Look for?

Consider your first touch, How can you make space? When you have passed to a winger what sort of movement should you make?

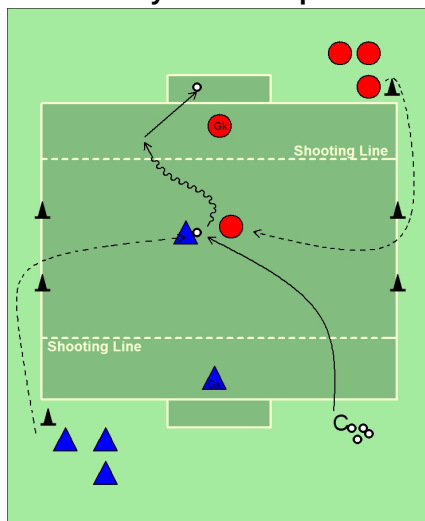


B





Ball mastery 1v1 with sprint



1v1 with sprint.

Set-up

2 Goals

Organisation

- line up two teams alongside each other on the end lines.
- Number the players on each team.
- The coach calls a number and the players with that number sprint through their respective gates.
- The players try to score, all shots must be from inside the shooting line.

Look for!

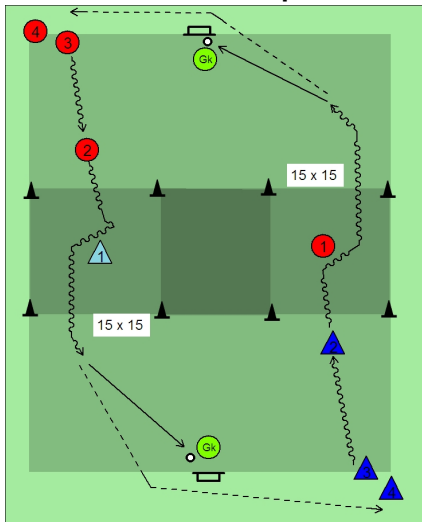
Tempo - correct technique (in the shot) - concentration - look up before striking the ball.

Progression

Play 2v2, 3v3 and 4v4.



Bm 10 basic 1v1 set up



Basic 1v1 set-up

Set-up

- Cones
- 1 ball per player
- 2 goals with keepers

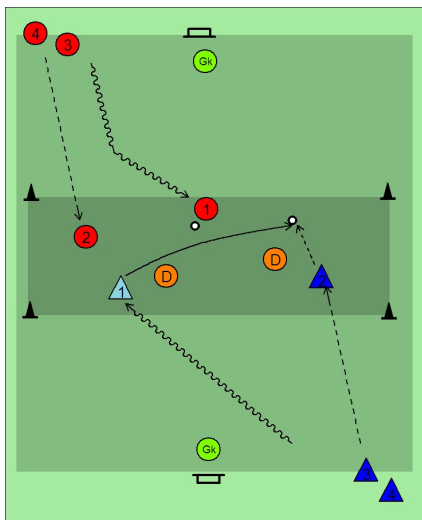
Organisation

- Player 2 dribbles the ball out and into the tackling zone
- Player 1 tries to tackle player 2
- If player 2 dribbles through the zone he can shoot on goal.
- If he is tackled he then becomes the defender.
- Player takes the ball and shoots at goal.

Look for!

- High tempo
- dribbling skills

- moves & turns
- Attitude
- Speed



Basic 2v2 set-up

Set-up

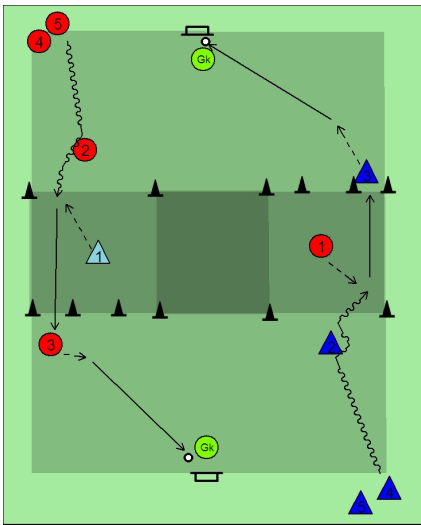
- Cones
- 1ball per two players
- 2 goals with keepers

Organisation

- Two players from each side dribble the ball out from the back.
- two defenders cover the width of the pitch from inside the defending zone.
- Attacking players have to pass through the defending zone without losing the ball.
- If the defenders touch the ball they replace the attackers who then become the defenders.

Look for!

- High tempo
- dribbling skills
- moves & turns
- Attitude in 1v1 situations.
- Speed



Basic 1v1 set-up

Set-up

- Cones
- 1 ball per player
- 2 goals with keepers

Organisation

- Player 2 dribbles the ball out and into the tackling zone
- Player 1 tries to tackle player 2
- Player 2 dribbles into the tackling zone and looks to pass to player 3 who then shoots on goal.

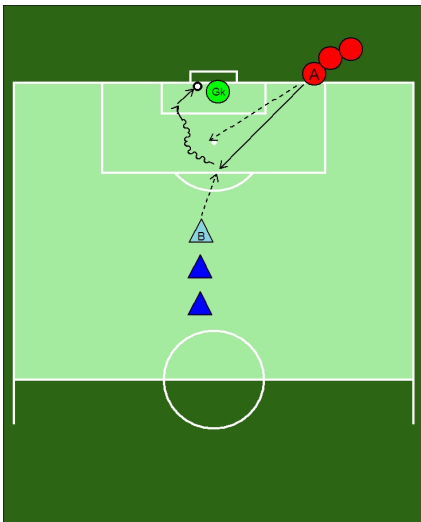
Look for!

- High tempo
- dribbling skills
- moves & turns

- Attitude
- speed



D6 ronald koemans 1v1-2v2



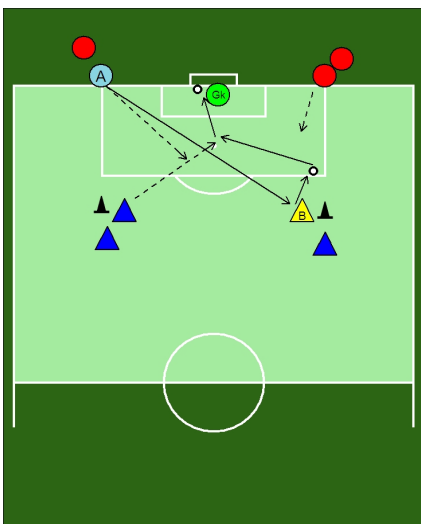
D6 1v1 Dribbling game

Set up

- 1 Goal
- Supply of balls
- bibs

Organisation

- Player A passes the ball to Player B
- Player B moves towards the ball and takes a first touch
- Player A follows his pass and defends
- Player B makes the decision to shoot early or to dribble past the defender.
- Once the drill has finished palyers join the opposite side.



D6 1v1 - 2v2 Dribbling game

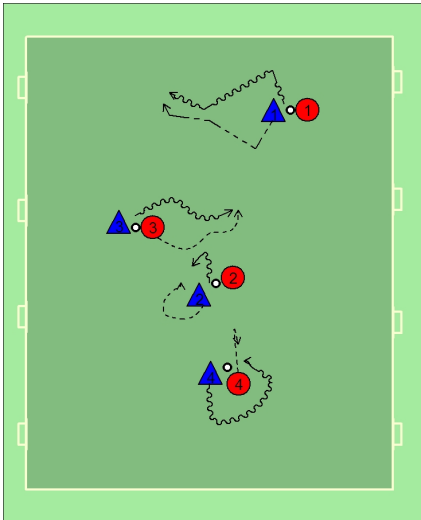
Set up

- 1 Goal
- Supply of balls
- bibs

Organisation

- Player A passes the ball to Player B
- Player B moves towards the ball and takes a first touch and is joined by fellow attacker.
- Player A follows his pass and defends along with his fellow defender.
- Player B makes the decision to shoot early or to dribble past the defender.

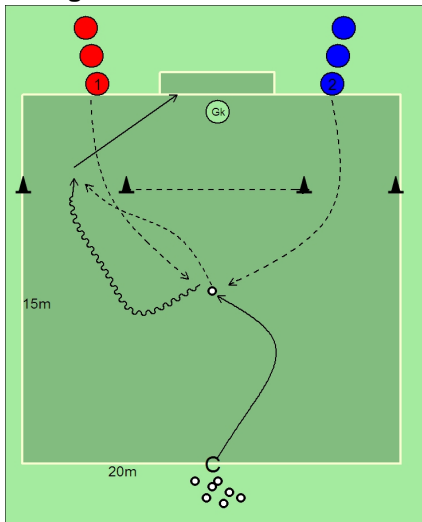
Once the drill has finished palyers join the opposite side.

**Many 1v1****Many 1v1's****25min****Organisation.**

- Set up an area 40x30 with four mini goals on both sides.
- Players play 1v1 on both sides attacking the four goals.
- When a goal has been scored they must change over with another player and swap partners.
- **Look for!**
- Attitude towards 1v1, dont get beat, defender standing up (dont dive in). Try to keep facing the defender,



Skill game 1



Skill Game 1 1v1 with sprint and turn.

Set-up

1 Goal with keeper

Organisation

- line up two teams alongside each other on the end lines.
- The coach stands at the opposite end and plays the ball in.
- Players 1 and 2 sprint out and run between the cones in front of them.
- They must try to reach the ball first and then make a turn before dribbling between either of the two cone goals.
- They must then finish with a shot.

Look for!

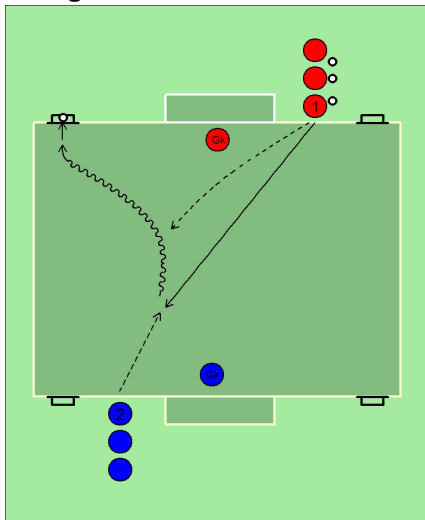
Tempo - correct technique (in the shot) - concentration - look up before striking the ball.

Progression

Play 2v2, 3v3 and 4v4.



Skill game 2



Skill game 2 three goal choice.

Set-up

2 Large Goals, 4 Small Goals.

Organisation

- line up two teams alongside each other on the end lines.
- Player 1 passes the ball into player 2 who attacks the three goals.
- Player 2 can shoot from any distance or can choose the dribble the ball past player 1.
- Players score 3 points for a goal in the small goals and 1 point for a goal in the large goals

Look for!

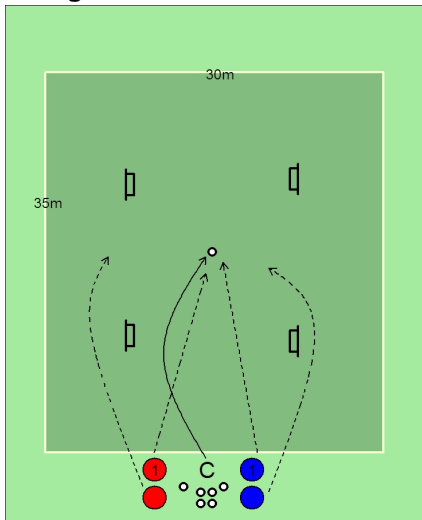
Tempo - correct technique (in the shot) - concentration - look up before striking the ball.

Progression

Play 2v2.



Skill game 3



Skill game 3 2v2 four goals

Set-up

4 Small Goals

Organisation

- line up two teams alongside each other on the end lines.
- The four goals are turned to face outwards.
- The coach throws the ball in and the players play a 2v2 game.
- Trying to score in the goals two per team.

Look for!

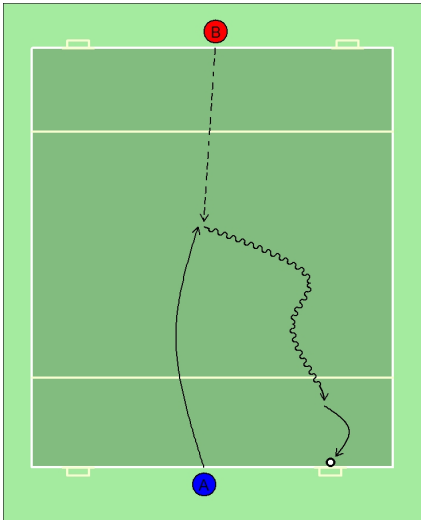
Tempo - correct technique (in the shot) - concentration - look up before striking the ball.

Progression

Play 2v2, 3v3 and 4v4.



Two goal



1v1 2 Goal Game

Set up

- 4 Goals
- Supply of balls
- bibs

Organisation

- Player A passes the ball to Player B
- Player B moves towards the ball and takes a first touch
- Player A follows his pass and defends
- Player B makes the decision to shoot early or to dribble past the defender.
- Once the drill has finished palyers join the opposite side.