



08 Premier / U11G - 1v1 to Beat an Opponent

Category: Tactical: Penetration

Difficulty: Beginner | Start Time: 17-Sep-2018 17:00h

Am-Club: Rio Rapids Soccer Club

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Description

Phase: Create Scoring Chances

Principle: Change Speed/Direction with the Ball to Beat an Opponent

5v5 to 2 Gates (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*5v5 (or 6v6 + 1/2)

*Must dribble through either 6-yard gate with the ball under control in order to score.

COACHING POINTS:

*Find moments to dribble 1v1.

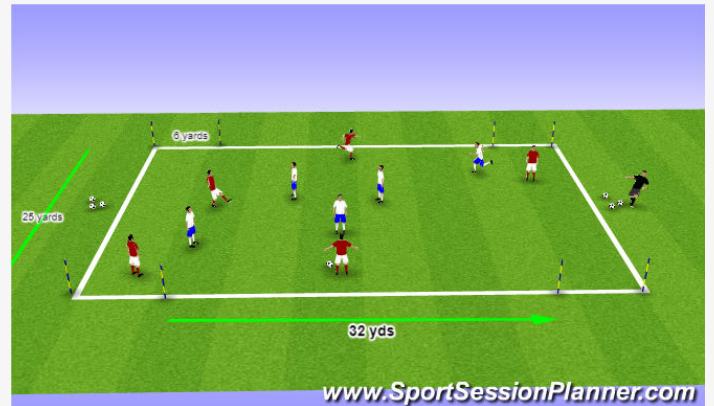
*Find gaps to dribble, find isolated defenders.

*Timing of when to throw moves, change of pace, change of direction.

*Dont give away ball unesscarily - Use shielding, passing, dribbling to help keep possesion

Head up while approaching defender.

Which goal should you attack?



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1v1 Guard the Gate (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

1v1 to beat a player across a line - player with ball tries to dribble across line between two cones with ball under control (goal 4-8 yards wide)

*defender can only move side-to-side on line - they may not leave line to tackle ball

*switch roles after goal scored or defender wins ball

*make game competitive by keeping score

*require players to use their less favorite foot for some of the time

*2-3 groups per team

Variations:

*if attacker scores goal they get to keep ball and go again, otherwise players switch roles

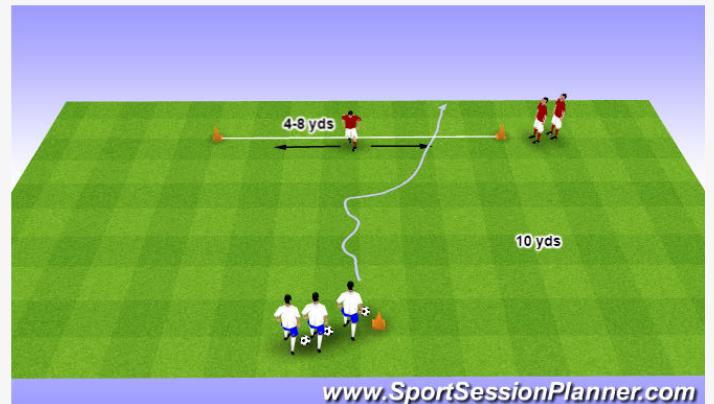
COACHING POINTS:

*Dribble at the defender with speed - don't go too slow or stop when near defender and be sure to stay facing the defender

*Review moves introduced previous week: inside-outside, shoulder drop/side step, slow and go/hesitation dribble, scissors, Mathews/little-big, step-over

*1v1 dribbling concepts- change of direction/speed, wrong foot defender, feints/deception with body

*encourage players to use the different moves they have learned and both feet



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1v1 Combat (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*15 yard wide x 25-30 yard long field

Split players into two teams and have them stand with soccer balls spread out across opposite end lines.

*Coach calls out a color signifying the color that should dribble in and number signifying the players that should enter to compete 1v1. For example - Burgundy 1: burgundy player 1 dribbles on and white player 1 runs on to defend.

*Play until goal is scored or ball goes out of play

*Make it take it - after goal same team starts with ball

COACHING POINTS:

- Attacking checklist - 1v1: Can I shoot? If I can't shoot, can I create space for a shot by dribbling?

- Creativity on the dribble to beat opponent and create space for a shot

- Where is the best space to score?
- Aggressive mentality to take defenders on 1v1 to beat them and score goals

5v5 6-Goal Game (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Teams play 5v5 (6v6+1/2) in the 25 yard wide x 30 yard long middle zone
 - *6-yard scoring-zone in front of each goal - players must break the scoring zone line on the dribble before shooting
 - *Players may move anywhere on the field - but may not stand permanently in front of goals like a GK
- COACHING POINTS:**
- *Aggressive mentality to dribble at, take on and beat defenders 1v1
 - *Recognizing when to take a defender on 1v1 – isolated defender without nearby cover
 - *What do we use to beat opponents? (Changes of direction, speed, moves)
 - *Once you get in to space behind the opponent, how can you be sure to keep them from winning the ball back? (Accelerate, angled get-away touch to put body between defender and ball)
 - *Where is the advantage on the field? How can we create it when we have the ball?

