



1v1 Duels

Category: Technical: Attacking skills

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Speed & Agility (15 mins)

Speed & Agility Relays

Objective: Increased foot speed and coordination during competitive phase. Introduce 'defender in back of you' skills

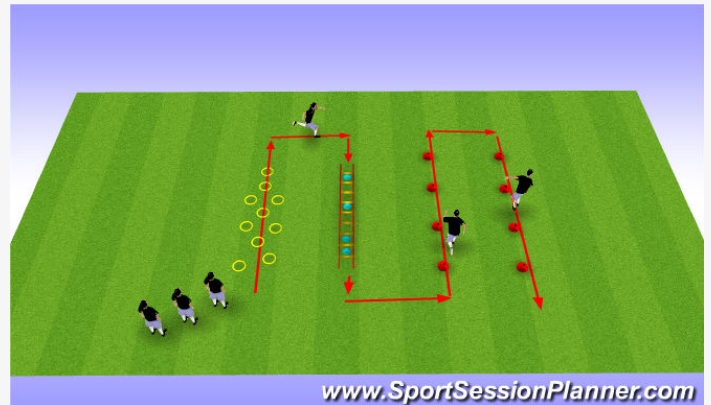
Focus: Lowering hips during change of direction, wide athletic stance in cuts, light footwork

Setup:

- Age group split into two teams
- Equipment as detailed in picture
- Teams begin with 2 repetitions for practice, followed by 1-2 competitions
- Next person in line begins as teammate completes rings

Progression:

- Rings - Any pattern trainer desires
- Ladder Speed Bumps - place cones anywhere in ladder for players to avoid
- Skill Cones - double scissors using cone, double stepover, stepover-scissors
- Skill Cones Backwards - step over, scissors, body feint



Dribbling Series (20 mins)

Dribbling Series

Objective: Improve comfortability with multiple surfaces of the foot
Focus: Manipulating the ball, using multiple surfaces of feet, depth at which attacker begins the move

Setup:

- 20x20 grid
- Each player with 1 ball, coach 1 ball for demo

Action:

- Coach introduces a new skill for the players to mirror
- Players perform skill for 60 second practice, followed by 30 second competition, repeat
- Stationary Competitions - 1pt for each skill completed in place
- Movement Competition - 1pt for each skill performed when dribbling at another player

Progression

- Stationary - pull-push alternating, V-pull/push, L-cut (cruyff)
- Movement - Slap roll, scissors, stepover, v-pull/push

Progression for Advanced Players

- Movement - stepover-scissors-outsidecut, slap-cut



BeastMode Competition (20 mins)

BeastMode Competition

Objective: Performing 1v1 skill to beat the defender

Focus: Manipulation of the ball and body feints to create space to attack

Setup:

- 7x10 grid to endlines
- Age group into 2 teams
- All the balls begin from coach

Action:

- Coach begins play by rolling a ball out to attacking players
- Defenders can enter grid once attacker gets 1st touch on the ball
- Attacker attempts to dribble to opposite endline and stop the ball for 1pt
- If defender wins it, they must play the ball to coach
- Switch sides after 5 minutes

Progression:

- Require players to perform a skill before attacking the endline
- Award "skill points" for creativity shown



Scrimmage (20 mins)

Objective: Increase confidence in dribbling under pressure

Focus: Increased attempts to dribble rather than pass

Setup:

- 20x30 grid
- 2 equal teams

Action:

- Each team given 1 goal to attack
- A goal can be scored as long as player with the ball performs 1 skill move
- 1pt for skill in space + goal, 3pts for skill that beats defender + goal

Possible Progression:

- Put man-mark rule the assigns players to each other to encourage 1v1
- Award "skill points" to players who try something new

