



Developing Creative 1v1 Attackers - Progression Based Learning

Category: Technical: Attacking skills

Difficulty: Moderate

Forrest Randall, Richfield, United States of America

Individual-Young Member

Description

Developing creative players on the ball requires the right balance of success/failure within activities. If they are too successful, we aren't challenging them enough to further develop. If they aren't successful enough, we risk a loss of confidence and creativity. The activities provided here show a progression from easiest to most difficult to help coaches find the appropriate fit for their group.

This is not a complete session to run. These are varying activities to pick and choose for any sessions you want to build

1v1 (Easiest) (15 mins)

4 Gate Game

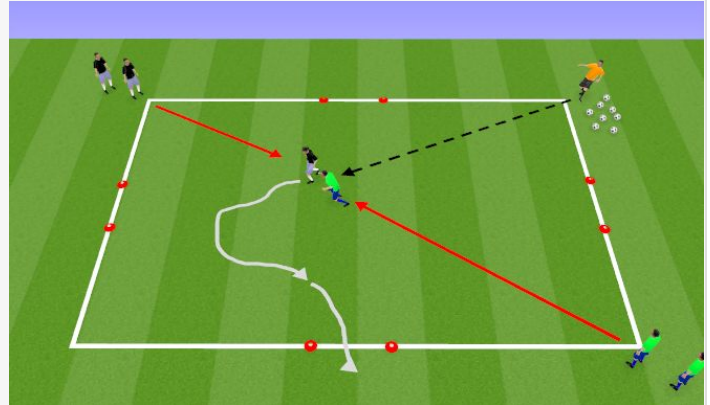
Objective: Improve confidence in 1v1 dribbling (finding space on dribble)

Setup:

- 15yd x 15yd w/ 1 gate on each side (vary size based on age/ability)
- Split team into 2 teams of equal numbers, placed at opposite corners
- 1 team is identified as attackers, the other is defenders
- All balls with coach at different corner

Action:

- Coach plays ball into the middle for attacking team, which initiates the entry of 1 player from each team. (Try to play ball into the middle, but more in favor of attacking team's direction to help avoid a collision).
- Players compete in a 1v1 duel, trying to dribble through any 1 one of the 4 gates for a point
- If defender wins the ball, they can also score right away
- If ball goes out of bounds, that ball is 'dead', next set of players get to go
- Switch attacking/defending roles after each player on attacking team gets to attacked 2-3 times
- Team w/ most points after 1 round wins!



Progressions/Alterations

- Easiest - Players can score by dribble across entire endline
- Easier - Players can score by 'passing' through the gates
- Harder - Set a time limit on attacker to score (6 seconds)

Coaching Focus (pick 1-2)

- Using multiple surfaces of foot (inside, outside, lace, sole, NO TOES)
- Accelerating to create space from defender
- Head/eyes up to identify spaces to attack quickly
- Use of body feints or skill moves

1v1 (Easier) (15 mins)

3 Gate Game

Objective: Improve confidence in 1v1 dribbling (finding space on dribble)

Setup:

- 12yd diameter circle w/ 3 gates around the sides (vary size based on age/ability)
- Split team into 2 groups of equal numbers, placed at opposite corners
- 1 team is identified as attackers, the other is defenders
- All balls with coach at different corner

Action:

- Coach plays ball into the middle for attacking team, which initiates the entry of 1 player from each team. (Try to play ball into the middle, but more in favor of attacking team's direction to help avoid a collision).
- Players compete in a 1v1 duel, trying to dribble through any 1 one of the 3 gates for a point
- If defender wins the ball, they can also score right away
- If ball goes out of bounds, that ball is 'dead', next set of players get to go
- Switch attacking/defending roles after each player on attacking team gets to attacked 2-3 times



- Team w/ most points after 1 round wins!

Progressions/Alterations

- Easiest - Players can score by dribbling out of the circle
- Easier - Players can score by 'passing' through the gates
- Harder - Set a time limit on attacker to score (6 seconds)

Coaching Focus (Pick 1-2)

- Using multiple surfaces of foot (inside, outside, lace, sole, NO TOES)
- Accelerating to create space from defender
- Head/eyes up to identify spaces to attack quickly
- Use of body feints or skill moves

1v1 (Difficult) (15 mins)

1v1 Mirror & 2 Gate Game

(2 activities ran separately, not at same time)

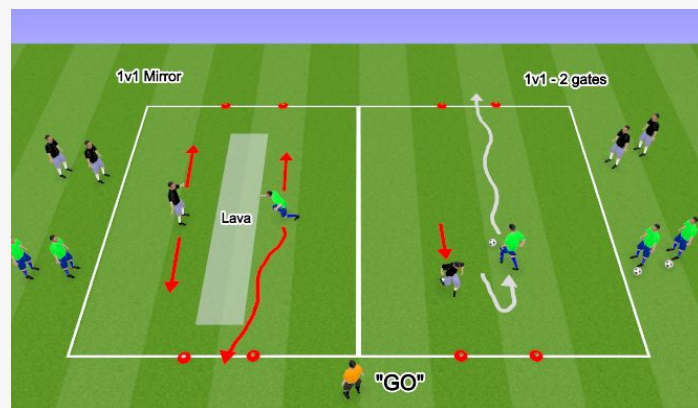
Focus - Improving confidence in 1v1 dribbling (finding space on dribble)

Setup:

- 15yd x 7yd channels w/ 1 gate on either end (vary size based on age/ability)
- Split team into 2 equal groups

Action (1v1 Mirror)

- Begin with 1v1 Mirror activity (identify which team is attacking/defending)
- Players start directly in middle of grid facing each other
- Neither team can enter the imaginary 'lava pit' that's between them
- Activity begins one coach yells out GO
- Attacker tries to use quick and explosive 'moves' and 'feints' to beat defender in a race through either of the 2 gates
- Attacker cannot score on a gate if defender beats them there
- Give each attacker from one team 2-3 opportunities to attack before switching roles
- Team w/ most points after 1 round wins!



Action (1v1 - 2 Gates)

- Same activity as mirrors, but we now give the attacker a ball at their feet
- Defender cannot tackle the ball, but must beat attacker to a gate
- Activity begins on coach yelling out GO
- Attacker must dribble through a gate to score a point
- Give each attacker from one team 2-3 opportunities to attack before switching roles
- Team w/ most points after 1 round wins!

Progressions/Alterations

- Easiest - Players can score by dribbling across entire endline
- Easier - Players can score by 'passing' through the gates
- Harder - Defender can tackle the ball

Coaching Focus (Pick 1-2)

- Using multiple surfaces of foot (inside, outside, lace, sole, NO TOES)
- Accelerating to create space from defender
- Head/eyes up to identify spaces to attack quickly
- Use of body feints or skill moves

1v1 (Most Difficult) (15 mins)

1v1 Traditional

Focus - Improving confidence in 1v1 dribbling (finding space on dribble)

Setup:

- 15yd x 7yd channels w/ 1 gate on either end
- Split team into 2 equal groups
- Each player on attacking team has a ball at their feet

Action

- 1 player for attacking/defending team enter the grid when coach says GO
- Attacker with the ball tries to score by dribbling through defending teams gate
- If defender wins the ball, they can score on attackers goal
- If ball goes out of bounds it is 'dead', next pairing get to go
- Rotate attackers, allowing each attacker to get 2-3 attacks. Switch defending/attacking teams after completed attacks.
- Team w/ most points after 1 round wins!

Progressions/Alterations

- Easiest - Players can score by dribbling across entire endline
- Easier - Players can score by 'passing' through the gates
- Harder - Defender can tackle the ball

Coaching Focus (Pick 1-2)

- Using multiple surfaces of foot (inside, outside, lace, sole, NO TOES)
- Accelerating to create space from defender
- Head/eyes up to identify spaces to attack quickly
- Use of body feints or skill moves

