

1V1 ON THE FLY

WHY USE IT

This is a fast-paced and competitive activity ideal for children of all ages. The 1v1 set-up encourages players to practice their individual attacking and defending techniques. As the game progresses the coach can send multiple 1v1 duels.

SET UP

The set-up is a 15x20 yards rectangle. Two small goals are placed at each end of the area and two cones are placed approximately 10 yards apart along one side. 3 players line up at each cone and the coach stands between the cones with a supply of balls. Opposite the coach with the balls is another coach standing on the touchline.

HOW TO PLAY

Commence with the coach shouting "GO". The first player in each line sprints out and performs a high five with the coach opposite. As the players turn, the coach with the balls makes a pass into the center of the area and two players compete to win possession. The objective for each player is to beat their opponent in a 1v1 duel and score in the small goal.

COACHING NOTES

- Coaching objectives - From an attacking perspective the coaching objective is to provide players with plenty of opportunities to practice their take-on moves such as scissors and feints. Conversely, the defending objectives must be to impress upon players the need to work into a position between the attacker and the goal and then to apply pressure to the ball carrier.
- Coaching tips - A critical step in the development of young players during the first 3 stages of development is to provide them with opportunities to practice their individual attacking and defending skills. If a coach can create these 1v1 opportunities regularly in practice, the more likely players will develop confidence and competence leading to noticeable improvements in game performance.

HOW TO MODIFY THE ACTIVITY

- Less challenging: The coach can maintain 1v1 games and not progress to greater numbers.
- More challenging: The coach can build up numbers and insist on a pass being made before scoring.

STAGES COVERED BY ACTIVITY

Stages 1 2, 3 - 3-11 year old players.

THEMES & COMPETENCIES

Top 3 themes: Dribbling, ball mastery and 1v1 attacking and defending.

Top 3 competencies: Dribbling with the laces, take-on moves and individual defending.



- The coach makes a pass in favor of the red player who is first to the ball.
- Naturally the yellow player becomes the defender and must attempt to get into a goal-side position to block an immediate shot by the attacker.



- The coach can instruct the players to change their movement patterns prior to serving the ball.
- In this example the players must run behind their goal before entering the field and commence the duel.
- The coach can choose alternative movements such as hopping or skipping and different patterns.



- In the final illustration the coach has increased the challenge by sending two pairs at once.
- With older players the coach has an option to send 2 balls to create 2 duels or pass 1 ball to create a 2v2 situation.