# 1V1 ON THE FLY

## WHY USE IT

This is a fast-paced and competitive activity ideal for children of all ages. The Iv1 set-up encourages players to practice their individual attacking and defending techniques. As the game progresses the coach can send multiple Iv1 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 Iv1 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

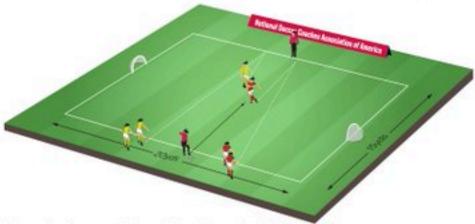
- Less challenging: The coach can maintain Iv1 games and not progress to greater numbers.
- More challenging: The coach can build up numbers and insist on a pass being made before scoring.

## 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.