



1v1 choice games

What you tell your players the session is about:

This session will coach your players in defending and attacking in 1v1 situations.

What you tell your players to do:

Choose a different opponent each time they are defending. In attack they must be direct and look to score as quickly as possible.



what to shout

- “Choose a player”
- “Can you go past the defender with pace?”
- “Can you force the attacker wide?”



what to look for

- What choices does the defender make?
- How does the defender approach the attacker?
- Does the defender force the attacker away from the goal?
- Does the attacker play at match speed?



what to think about

This 1v1 practice will be a valuable session for all players. All players have different personalities, strengths and weaknesses, both when defending and attacking. Therefore all players will be given a range of tests and experiences both in attack and defence.

What you get your players to do:

Pitch size: 30 x 20 yards (minimum) up to 40 x 25 yards (maximum). Two goalkeepers.

Divide the rest of your players into two teams. Begin with a defender from one team on the pitch.

The defender chooses the attacker that they will play against. On their call, a player enters the pitch and plays 1v1 against the defender, attempting to score in the opposite goal.

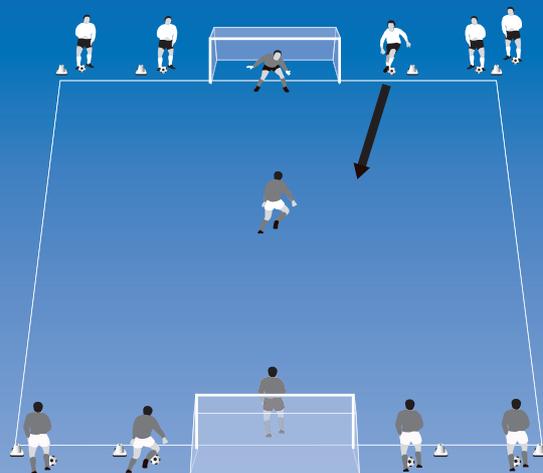
After attempting to score, the attacker becomes a defender, and on their call an attacker from the other team enters the pitch and plays 1v1.

Carry on until every player has had a turn as both attacker and defender.

Defenders must choose a different player each time. Depending on the angle that the attacker arrives on the pitch, can the defender force them away from goal? Can they be patient and win possession of the ball?

Attackers must be direct, be clever and shoot at every opportunity.

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dribble →

Development

Play the same format but use two players in each role, making a rotating 2v2 game.

How would I put this into a game situation?

Play a normal small-sided game, but encourage your players to create 1v1 situations and award extra points for goals scored in 1v1s.