

# 1v1 disguise

## What you tell your players the session is about:

This session will show you how to help your players develop the ability to show a disguise when in attacking positions. This is useful for players of all ages and abilities.

## What you tell your players to do:

- 1 Be creative – try something different with each shot.
- 2 Change pace.
- 3 Show disguises (movement, body, eyes, and feet).



### what to shout

- "Be clever"
- "Play at pace"
- "Hit the target with every shot"



### what to look for

How direct is the attacker?

Does the attacker show a disguise?

Does the attacker use the space that is created?



### what to think about

After showing a clever disguise, the attacker must be direct and make the most of his opportunity. If they take too long the opportunity will be missed.

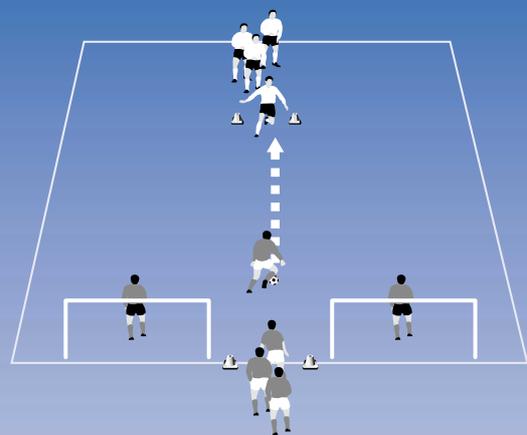
## What you get your players to do:

The defender passes a ball to the attacker and runs to defend.

The attacker must try to beat the defender and score in one of the goals.

You can use goalkeepers but you don't have to. You could use two small target goals instead.

### 1v1 disguise



direction of pass ■ ■ ►

### Development

Develop the game to 2 v 2.

How does one player's movement help the other?

### How would I put this into a game situation?

Play a normal game. Games will naturally create opportunities for players to be creative and show skill.

You may want to keep the idea of two goals for each team to attack.

Make sure that your players are quick and sharp. They must make quick decisions and act on them – if they take their time, opportunities will be lost. If they take too long, blow your whistle and tell them they've missed their chance.