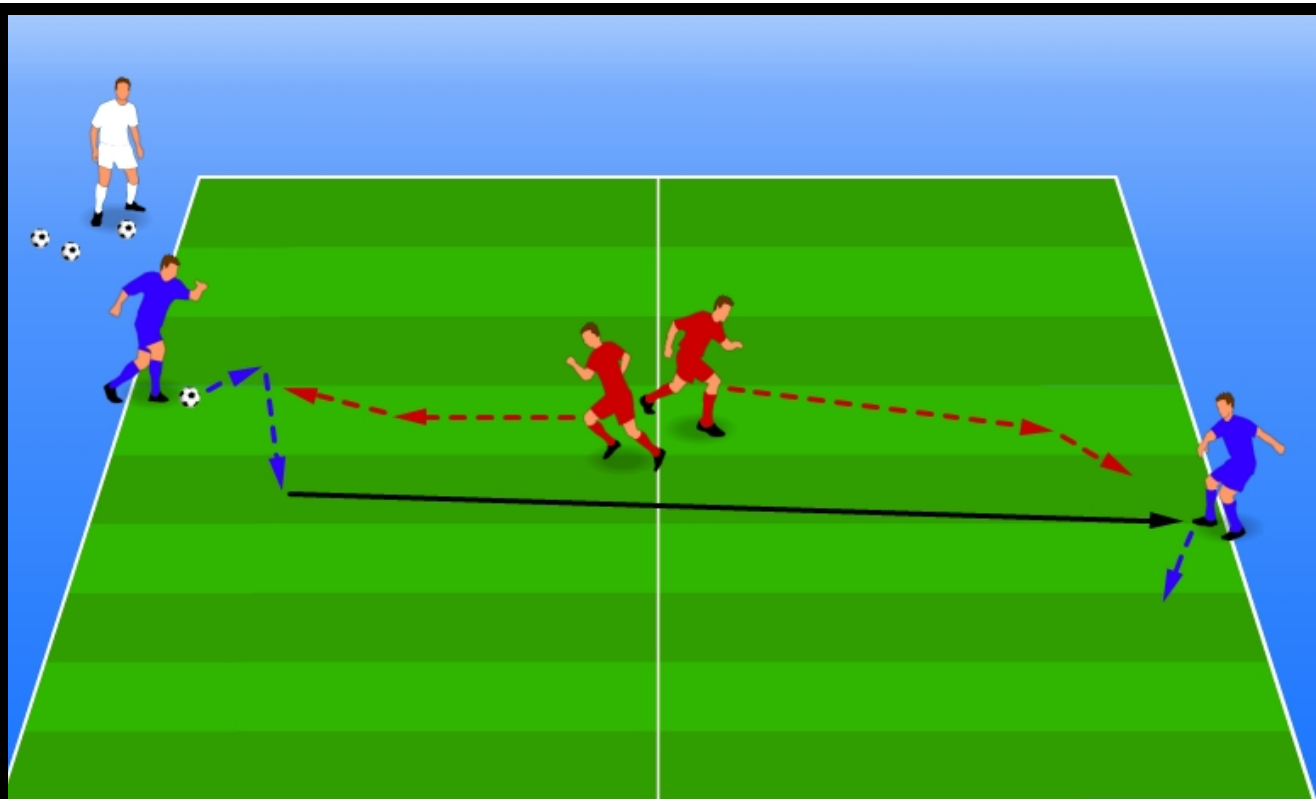


1 v 1 → 1 v 1

Small Sided

1 v 1 Attacking



Diagrams created using Soccer Tutor.com Tactics Manager

Set Up: There are four players set up on a split field, playing 1 v 1 in each half.

Procedure: To begin the drill, the attacker on the end line makes a dribble touch, releasing the defender from the midline. From there, the attacker looks to change the ball over to his teammate on the opposite end line. When the ball is changed over, the other defender releases from the midline, and play reverses direction. If the defender wins the ball, he and his partner switch places with the attacking team.

Teaching Topics:

- 1 Dribbling moves.
- 2 Showing for the pass.
- 3 Quality first touch.

Progressions:

- 1 Progress to 2 v 2 → 2 v 2.

Coaching Points:

- 1 Use dribbling and feinting moves in order to create enough space to pass.
- 2 Do not hide in dead space by putting the defender between you and the ball.
- 3 When receiving, your first touch should take you away from the defender.