

1v1 Competition

1v1 attacking, 1v1 defending, 1v1 soccer drills, 1v1 drills

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Drill Objective:

This drill is great to focus on 1v1 play. It is flexible and can be used to work on the offensive side or the defensive side. On the offensive side you can get attackers to attack the defenders with speed, quick change of pace with an explosive touch to get away, getting behind the defensive players and shooting at half chances. On the defensive side, you can focus on closing down quickly, forcing the attacker to the side and closing down the attack.

Drill Setup:

Split the team into 2 groups with each group wearing alternate jerseys with a keeper in the goal.

Place a cone about 25 yards from the goal. 1 team defends by the goal, and the other team attacks by starting at the cone 25 yards from goal. Each team plays for 5 minutes.

Drill Instructions:

The 1st defender plays a ball into the 1st attacker and steps out to defend. The attacker attempts to beat the defender and a point is awarded to the attackers team for each goal that is scored. After a goal is scored, or the defensive player wins the ball, the next defender plays a ball into the next attacker and play continues. Each team attacks for 5 minutes and defends for 5 minutes. The team with the highest goal count wins. Play 2 games awarding a winner after each match. If each team wins a match, play another round to break the tie.

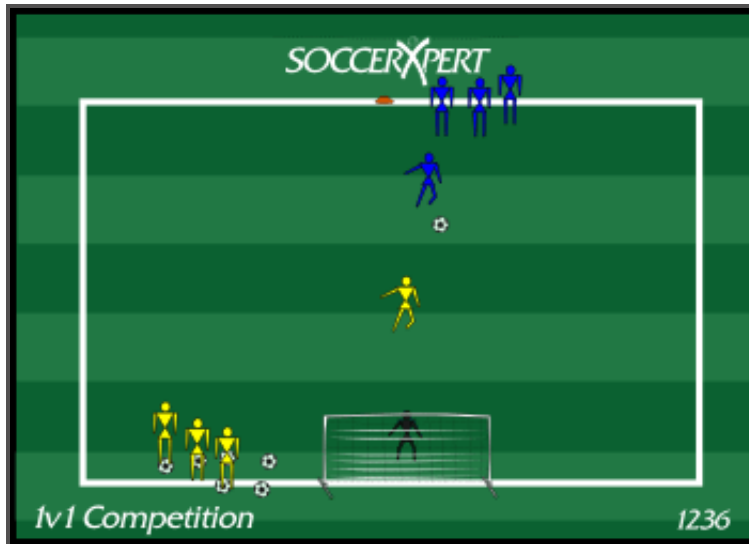
Drill Coaching Points:

Offensive: Attack defender with speed, quick explosion to get away, try to get behind the defender, and shoot at any half-chance.

Defensive: Close down quickly, force the attacker to the weak side, break down, and close the attacker down. Remember Fast, Slow, Outside, Low. Fast - approach the attacker with speed. Slow - when the defender gets close to the attacker, the defender must slow their run and start stepping back with the attacker. Outside - force the attacker to the outside. Low - low center of gravity and get player low.

Drill Variations

- Play 2v2
- make players "beat" the defender before shooting (no 25 yrd bombs)



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