

1V1 DUELS ROUND ROBIN

WHY USE IT

The vast majority of time in Stages 1-3 should be dedicated to individual technical development. The modern game requires players to be competent in 1v1 attacking and defending. Who can win the 1v1 duels?

SET UP

40x30 yards. 6 duelling areas, set up as shown. Each area has a different configuration. 2 teams of 6 with 1 player from each team in each area. 4 balls are strategically placed to allow quick restarts.

HOW TO PLAY

This is a round robin competition, each pair competing in 6 game formats. Different rules apply - odd number field - reds start with the ball, even number fields - orange start: Area 1 - Players attempt to score on short/wide field. Area 2 - traditional shape field. Area 3 - players must stop the ball in the opponents end zone. Area 4 - players start on end line with attacker in front of defender. The coach passes the ball and attacker starts with back to goal. Area 5 - 3 flags in the middle. Attacker must beat defender and stop the ball in the triangle for a point. Area 6 - goals on the diagonal. These are intense 2 minute games, with 1 minute reset and movement to the next area. 3 points for a win, 1 for a tie and 0 for a loss.

COACHING NOTES

- + Coaching objectives - If focusing on attack - use take on moves to beat an attacker. Discuss with players how the setup changes the tactics - i.e. Where is the space in relation to the goal? Defending - force the attacker away from goal and towards the sidelines.
- + Coaching tips - Once the coach has established the rules, let the players play uninterrupted and let them referee their own games. Discuss ways the players can resolve disputes - such as alternate possession.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Keep the setup simple, creating more space to assist the attackers and less space to assist the defender.
- + More challenging: Add a neutral player to play with the attacker to create 2v1. Limit the number of touches the attacker has before scoring. Change the players starting positions.

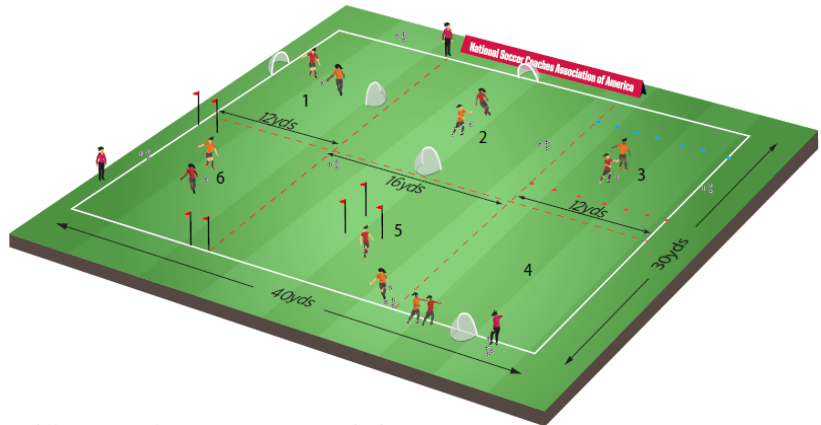
STAGES COVERED BY ACTIVITY

Stages 2, 3, 4 & 5 - 6-18 year old players

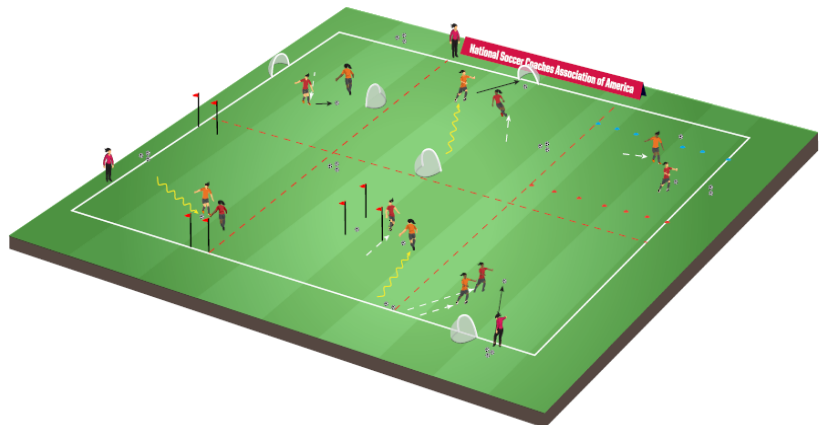
THEMES & COMPETENCIES

Top 3 themes: Attacking 1v1, defending 1v1 and dribbling.

Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + 6 different game formats to create a round robin competition.
- + All games start at the same time and last 2 minutes.
- + Reds start with the ball on fields 1,3 and 5 and orange start on fields 2,4 and 6.



- + The coach should allow the games to flow, making coaching points between games.
- + Encourage attackers to innovate, using moves they have learned to beat an opponent.
- + Work with defenders to apply pressure, stand on their feet and not dive into tackles.



- + After 2 minutes, the players should reset the area they were playing in and rotate.
- + Coaches move around the perimeter encouraging players in their attacking and defending responsibilities.