

1V1 TO 2V1 SHOOTING

WHY USE IT

In this activity all players will have an opportunity to attack with numbers-even and numbers-up and to defend numbers-even and numbers-down. Transition from one end to the other must be quick and players can demonstrate their creativity to beat an opponent.

SET UP

The set-up is a 40x20 yards area with 2 appropriate size goals at each end and 2 teams with 5 players. In one half of the field a solitary defender waits to play 1v1 with an oncoming attacker and at the other end an attacker from the same team starts.

HOW TO PLAY

The coach starts the game with a pass to the team with 5 players starting next to the goal. The first player sprints out and receives the ball in his/her half of the field. The opponent in the same half is not involved in the first sequence and must not prevent the player from dribbling at the defender in the other half. The attacker dribbles at pace and attempts to beat the defender and shoot into an unopposed goal. As this action occurs a defender enters the field at the other end. If the attacker scores or misses, he/she must leave the field and rejoin the team and the coach passes a new ball to the defender to attack the other end 2v1. If a defender wins possession in either game, he/she should attempt to counter attack and score.

COACHING NOTES

- + Coaching objectives - Work through 2 different types of challenge for attackers and defenders. When playing 1v1 the attacker should be direct and down the middle, but in a 2v1 the dribbler should attack wider to create space for a teammate. Defensively, the player in the 1v1 can move forward aggressively to apply pressure away from goal, but when facing a 2v1 must be more patient to slow the speed of the attack.
- + Coaching tips - The benefits of playing without a goalkeeper to promote attacking confidence are numerous. However, the defensive benefits can be equally important. Without a goalkeeper a defender may wish to play high and aggressive and prevent the attacker getting close to goal.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: Remove the goalkeepers.
- + More challenging: Build up player numbers, place a time limit to score and add the goalkeepers.

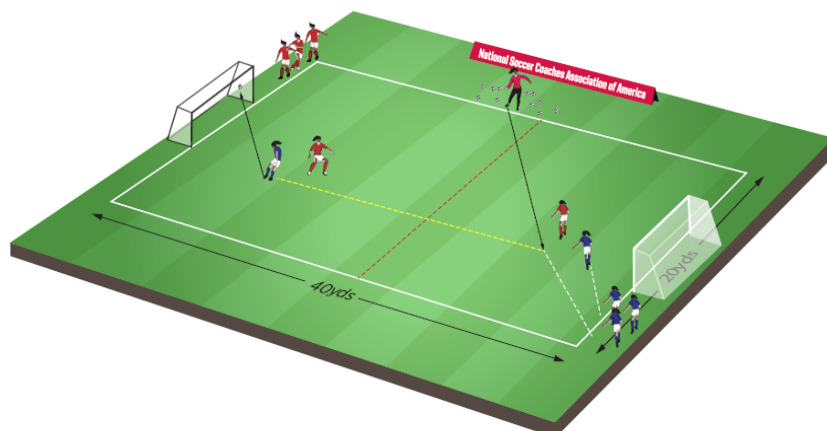
STAGES COVERED BY ACTIVITY

Stages 2, 3 & 4 - 6-14 year old players

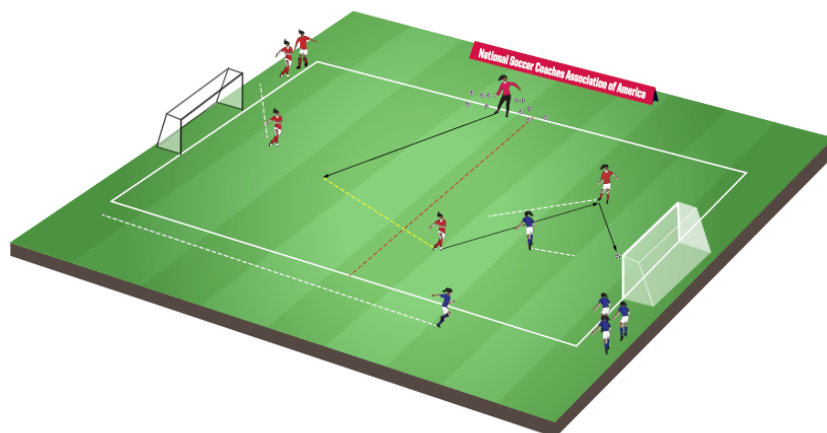
THEMES & COMPETENCIES

Top 3 themes: Attacking and defending 1v1-2v1, shooting and creating space.

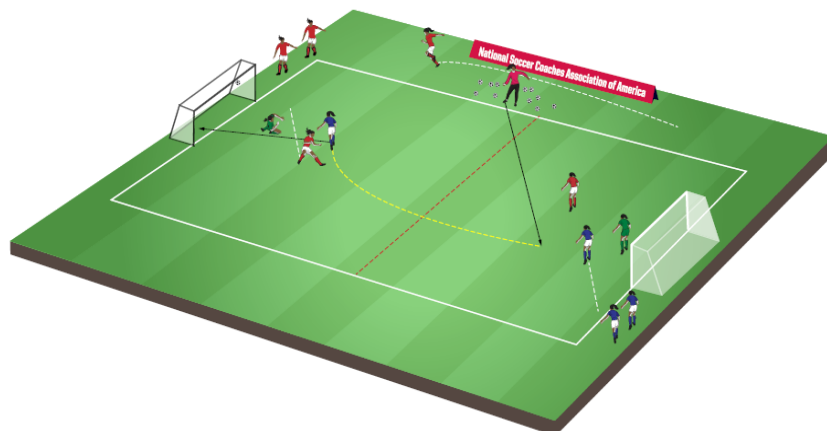
Top 3 competencies: Beating an opponent, defending pressure and shooting technique.



- + In the first diagram the coach starts with a pass to an oncoming blue attacker.
- + The attacker dribbles the ball into the opponents half and beats the defender before scoring.
- + As the play progresses another blue player enters the field as a defender waiting for the reds to attack.



- + As soon as the blue attack is over the blue attacker leaves the field and the coach passes to the red defender.
- + The reds now attack the blues goal - 2v1. The red player dribbles at a slight angle to create space.
- + The other red attacker moves wide and creating that separation allows the attackers to combine and score.



- + In the final illustration the reds attack and a new red defender enters the area ready for the next blue attack.
- + The red attacking player from the previous sequence leaves the field and the dribbler stays on the field.
- + The coach has added goalkeepers to add to the complexity of the activity.