

1V1 TO 2V2 OLYMPICS

WHY USE IT

Players can earn points with great attacking and solid defending. As the activity progresses, the players are matched with an equally successful opponent - Gold, Silver and Bronze.

SET UP

25x15 yards area with 2 appropriately sized goals at one end of the area. At the other end of the area the coach places a cone for each team 2 yards from the sideline. Approximately 15 yards along both sidelines is a cone and a large supply of balls are placed on the end line.

HOW TO PLAY

To begin this activity the coach places a single soccer ball at the far end of the grid. On the command of "GO", the first person in each line sprints along the sideline of the field. The first person to reach the first cone continues around the second cone and collects the soccer ball. When reaching the first cone the slower player makes a bent run onto the field and prepares to defend. The attacker attempts to score in either of the two goals and the defender attempts to win the ball and dribble the ball over the end line. There must always be a winner after every duel - if the ball is kicked out of the area the coach decides which player had the best performance in that particular duel. The winner moves up a group and the loser moves down a group. After each player has had 8 to 10 repetitions, the player in the highest group wins the gold medal, second the silver medal and third the bronze medal.

COACHING NOTES

- + Coaching objectives - The rules of this activity naturally reward the quickest player. As in the game, the player in possession is the attacker and so it is important for the coach to impress upon the players to be ready, on their toes and cover the ground quickly.
- + Coaching tips - Providing young players with an opportunity to be successful is essential and to do so we have to differentiate our coaching. By placing a cone along the sideline a slower player will not be eliminated from the game. The slower player must prepare quickly to defend.

HOW TO MODIFY THE ACTIVITY

- + Less challenging: To give each player equal opportunity to attack, adjust the starting positions and/or allow one player a head start.
- + More challenging: Increase the number of players to 2v2 or 3v3. Require the attacker to perform a particular move before scoring. Initiate multiple pairs at one time.

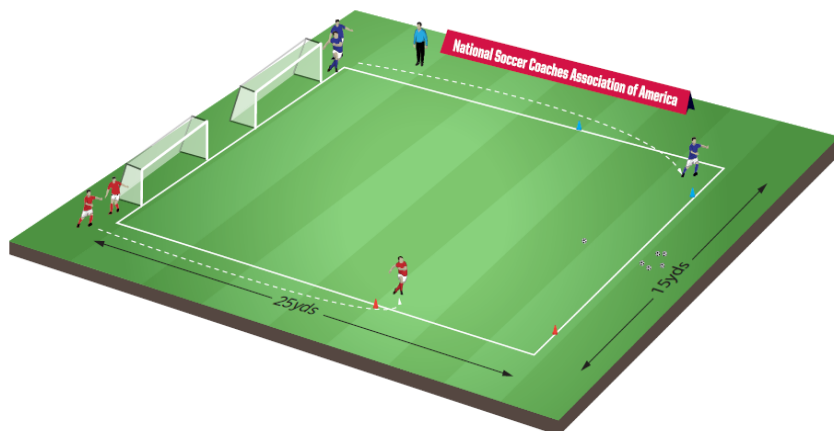
STAGES COVERED BY ACTIVITY

Stages 1, 2, 3 - 3-11 year old players

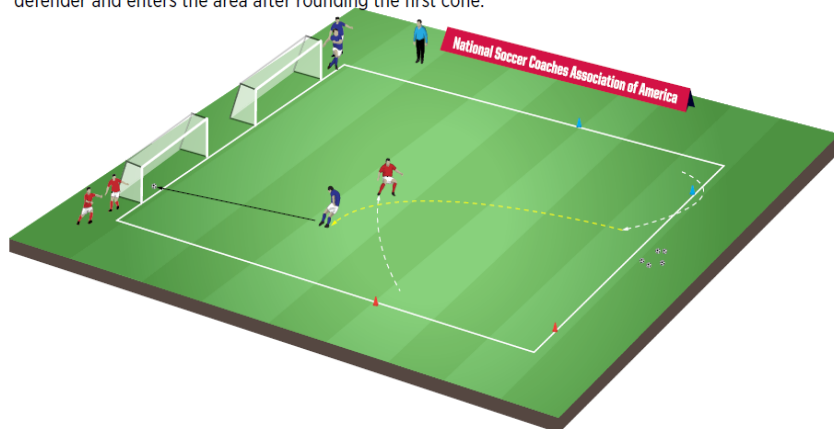
THEMES & COMPETENCIES

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

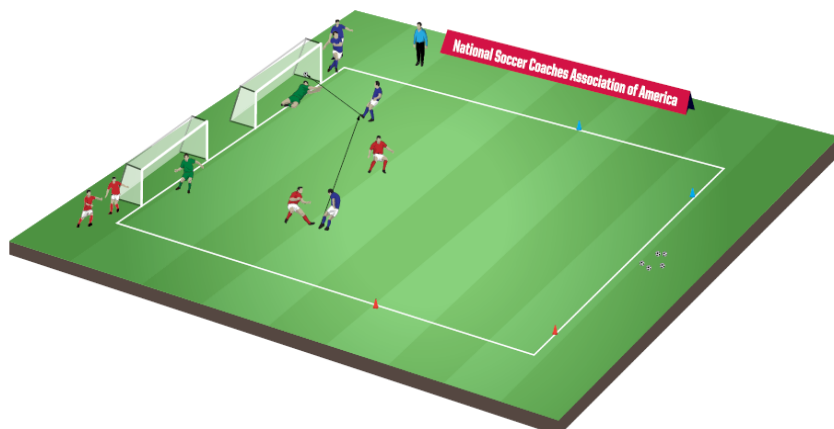
Top 3 competencies: Beating an opponent, defending pressure and creating space.



- + On the command of "GO" a player from each team sprints along the sideline.
- + The blue player reaches the first cone before the red player.
- + The blue player continues to sprint around the second cone and collect a ball. The red player is the defender and enters the area after rounding the first cone.



- + The blue attacker collects the ball and dribbles at the red defender.
- + The red defender attempts to win possession and dribble over the end line, but the blue attacker is too good and scores.



- + The coach progresses the activity by creating a 2v2 game and adding goalkeepers.
- + The blue team is again first to the ball and the reds defend.
- + A neat pass to split the defense presents the blue attacker with a goal scoring opportunity.