



08 / U10G - 1v1 to Beat an Opponent

Category: Technical: Coerver/Individual Skills

Difficulty: Beginner | Start Time: 16-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

1v1 to Beat an Opponent

Phase: Open Up the Opponent to Penetrate

Principle: Isolate Defenders and Take Them on 1v1

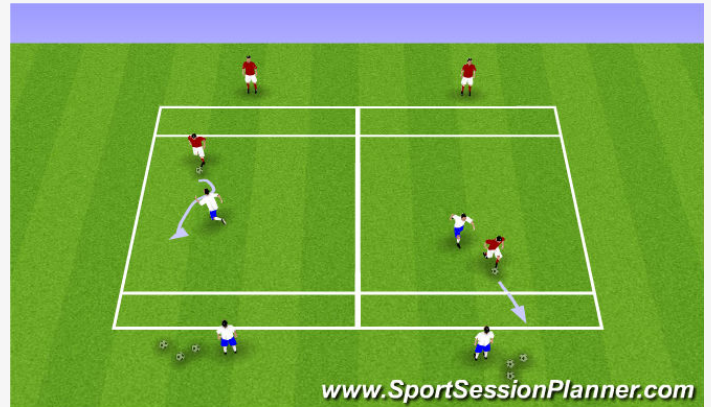
1v1 to End Zones Ladder (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *10 yard wide x 15 yard long field with 3 yard endzones
- *defender initiates play by passing across to the attacker. Play 1v1. Attackers score by dribbling into the opponents endzone.
- *defender may counter-attack if they win ball.
- *play ends when goal is scored or ball goes out of play.
- *restart play by alternating the player that passes the ball in to start
- *play as a championship ladder with players resting next to each grid to get 1:1.5 work to rest ratio

COACHING POINTS:

- *face up the defender with the ball
- *use changes of pace along with changes of direction to beat the defender.
- *encourage attackers to dribble "at," the defender's front foot, commit them to the ball, then imbalance them with skill: "take them on and beat them."
- *protect ball with body while going by defender - use foot away from defender to play ball
- *when coming out of the 1v1 move, explode to get beyond the defender. once by them, players next touch should be an angled one to put the defender on their back and cut off their recovery run



1v1 Mirror Dribbling (PART) (20 mins)

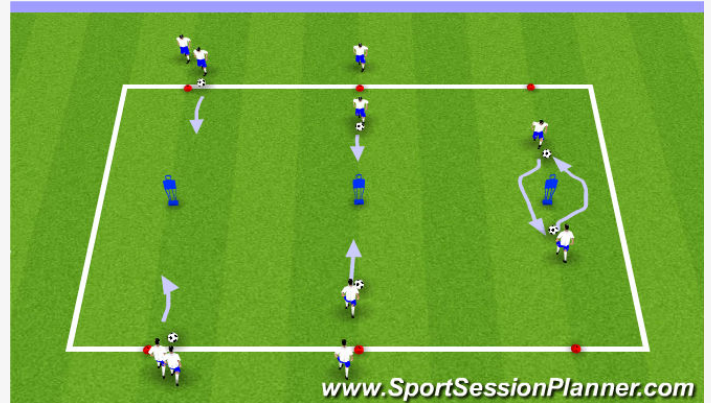
DESCRIPTION/ORGANIZATION:

- *Cones about 8 yards from "opponent" (mannequin/pole)
- *Players dribble simultaneously from their cone towards the "opponent" (mannequin/pole), execute their move to beat them (both players beating opponent to right or left to avoid collisions) and accelerate to the opposite line.
- *Spend time on each move that you introduce to the left as well as to the right

Variation: remove mannequin and opposing player serves as opponent to beat with dribble

COACHING POINTS:

- *Base moves to teach: 1) inside-outside 2) shoulder drop/side step 3) slow and go/hesitation dribble
 - *Focus on the player's execution of the base movement and the getaway touch allowing players to change direction and speed to get away from the opponent to the other side of the grid.
 - *Head up between touches to be aware of defensive pressure and spaces to attack
 - *Positive approach - type of touches on approach versus touches used to change direction and speed
 - *Sell the move to fool the opponent (body movement, ball movement, eyes)
 - *Use of the foot furthest from the opponent to protect the ball
 - *Big change of direction and speed
 - *Explosive get away touch to put the opponent on your back/cut them off
 - *Encourage players to be creative and to express themselves with the ball.
- Additional moves to teach: scissors, double scissors, Mathews/little-big, step-over, roll-over and go



1v1 Combat (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*15 yard wide x 25-30 yard long field

Split players into two teams and have them stand with soccer balls spread out across opposite end lines.

*Coach calls out a color signifying the color that should dribble in and number signifying the players that should enter to compete 1v1. For example - Burgundy 1: burgundy player 1 dribbles on and white player 1 runs on to defend.

*Play until goal is scored or ball goes out of play

COACHING POINTS:

- Attacking checklist - 1v1: Can I shoot? If I can't shoot, can I create space for a shot by dribbling?
- Creativity on the dribble to beat opponent and create space for a shot
- Where is the best space to score?
- Aggressive mentality to take defenders on 1v1 to beat them and score goals

