



## 08 / U10G - 1v1 to Beat an Opponent

Category: Technical: Coerver/Individual Skills

Difficulty: Beginner | Start Time: 14-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
Ray Nause, Albuquerque, NM, United States of America

### 4v4 to Small Goals (WHOLE) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Teams play 4v4 (+1/2) in the 25 yard wide x 30 yard long middle zone

\*10-yard end-zone in front of each goal

\*Players score by penetrating the end-zone on the dribble and then scoring in small goal - only attacker with ball may enter end zone

\*Only the defender that was beaten may chase attacker into the endzone

#### COACHING POINTS:

\*Aggressive mentality to dribble at, take on and beat defenders 1v1

\*Recognizing when to take a defender on 1v1 – isolated defender without nearby cover

\*What do we use to beat opponents? (Changes of direction, speed, moves)

\*Once you get in to space behind the opponent, how can you be sure to keep them from winning the ball back? (Accelerate, angled get-away touch to put body between defender and ball)

\*Where is the advantage on the field? How can we create it when we have the ball?



### 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)

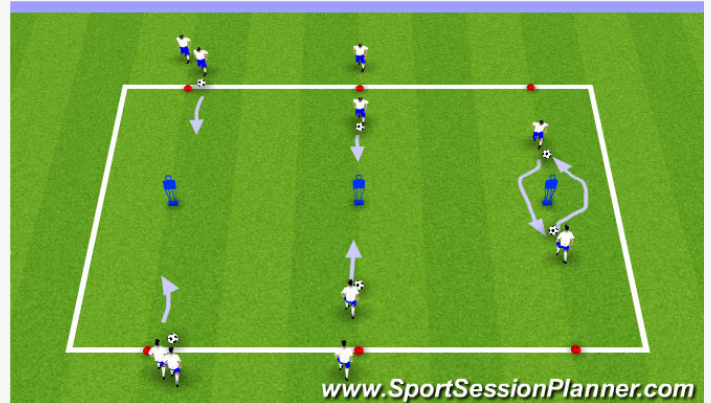
\*Use of the foot furthest from the opponent to protect the ball

\*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



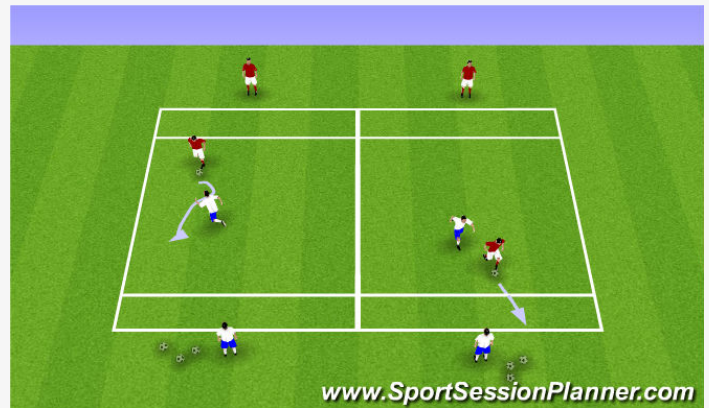
## 1v1 to End Zones (PART) (15 mins)

### 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.
- \*pass always comes from same side - switch ends after play
- \*odd numbers when possible to facilitate changing 1v1 match-ups

### COACHING POINTS:

- Apply techniques from previous activity to beat opponents 1v1. Along with changes of direction and speed, specific use of quick acceleration to get past an opponent while attacking with the ball, 1v1.
- \*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 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
- \*Make it take it - after goal same team starts with ball

### 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

