



08 / U10G - 1v1 to Beat an Opponent

Category: Tactical: Penetration

Difficulty: Beginner | Start Time: 26-Feb-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open up an Opponent to Penetrate

Principle: Isolate Defenders and Take Them on 1v1

5v5 to End-Zones (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Teams play 5v5 (or 4v4 + 1/2) in the 25 yard wide x 30 yard long middle zone

*5-yard end-zone at each end

*Players score by penetrating on the dribble and controlling the ball in the end-zone

*Defenders may not enter the end-zone

COACHING POINTS:

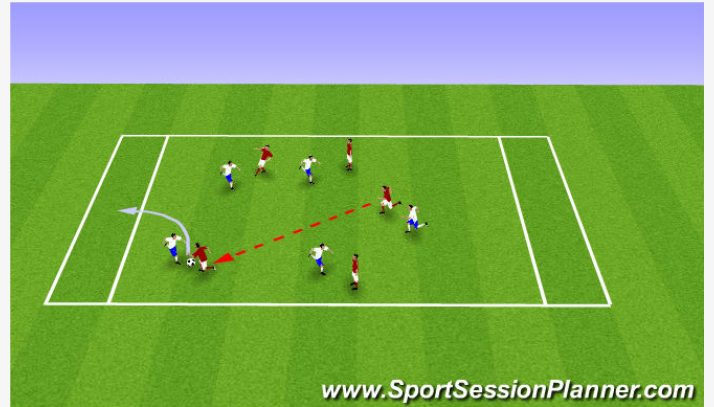
*Aggressive mentality to dribble at, take on and beat defenders 1v1

*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)

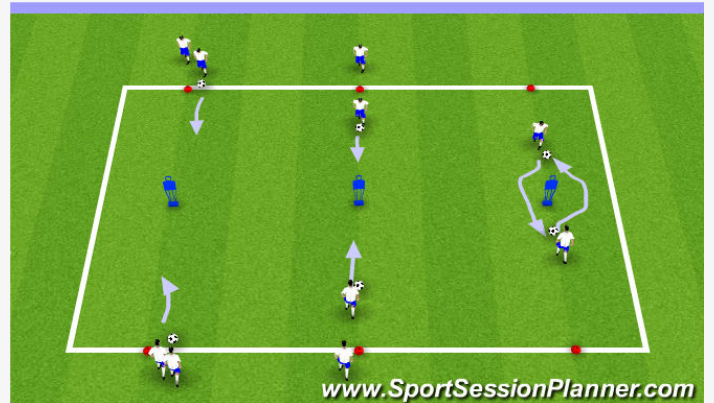
*Use of the foot furthest from the opponent to protect the ball

*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



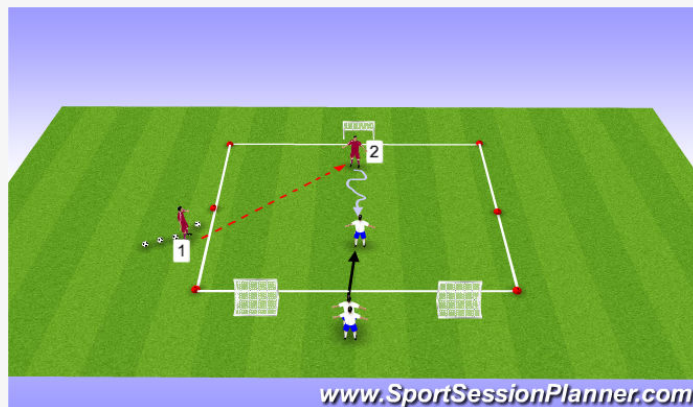
1v1 to 2 Small Goals (PART) (20 mins)

ORGANIZATION/DESCRIPTION:

- *1v1 to 2 small goals
- *Player 1 passes to player 2, defender may close as ball travels, player 2 attacks defender 1v1 to score on either goal
- *If defender wins the ball, they can score to single counter goal
- Rotation: Player 1 becomes Player 2 - Player 2 becomes defender - defender becomes Player 1

COACHING POINTS:

- *Fast and smooth pass to give teammate advantage going to goal
- *Aggressive first touch from dribbler to take on defender and go to goal
- *Use deception/disguise to get defender to commit to one goal and change direction/speed to attack the other
- *Protect ball by dribbling with foot away from defender when you go by them
- *Accelerate with angled get-away touch to put body between defender and ball



Game to Full Size Goals (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

- *7v7 including GK's to full size goals
- *All regular soccer rules with special rule that goals scored after beating a player 1v1 are worth 3

COACHING POINTS:

- *all of above plus-
- *Find moments to dribble 1v1 - head up and looking at defenders while dribbling
- *Find gaps to dribble or find isolated defenders.
- *Timing of when to throw moves, change of speed, change of direction.
- *Dont give away ball unnecessarily - use shielding, passing, dribbling to help keep possession
- *Find moments to go at players at the moment that you win the ball - catch them in transition

