



Aaron Hill – 1v1s

ORGANISATION: Small pitch with a goal at either end. Two teams, each team split into defenders and attackers (swap around later).

Instructions:

- Two games happening simultaneously on same pitch.
- Attacker behind the goal passes to his team mate at the middle cone – this player receives and then attacks 1v1 to the other goal.
- Defender comes onto the pitch to defend when the pass is played.
- If the attacker scores, they get 1 point; if the defender wins the ball and scores at the other end, they get 3 points.
- Same game happens on the other side going the other way.
- After each go: Attackers swap between dribbling 1v1 and passing the ball in; the two defenders take turns to defend.
- Swap all attackers and defenders around halfway through.

EQUIPMENT: Footballs, cones, goals.

CORE TOPIC: Attacking and defending 1v1.

COACHING POINTS / PROGRESSIONS:

Initial Points:

- Defending:
 - Deny attacker time and space to make decisions.
 - Show attacker outside towards touchline or inside towards support.

Further Points:

- Defending: Close down quickly – don't let attacker turn.
- Attacking: Skills, feints, change of speed, change of direction.

