

THE 1V1 SITUATION... AT THE BASE OF EVERYTHING

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It is no secret that one of the most important situation during a game of soccer is the 1v1.

During the course of a game, attackers have to decide whether to beat opponents by dribbling or passing the ball, while defenders how to prevent opponents to get near the goal and score.

To be effective in the 1v1 situations each player must a good overall technical and tactical understanding. In many cases the outcome of a game is the direct results of the various 1v1 that team is able to win during the game.

In 1v1 training games, each player come to experience, analyze and solve individual tactical attacking and defending situations.

Furthermore, players come to understand the level of their ability, what they are able to do well ,and other aspects of the game that needs improvement.

On the attacking side, players that have good dribbling abilities combined with quickness and a combination of moves and fakes, will have more success in beating an opponents. On the defending side, good speed, determination and physical abilities are the key ingredients that makes good defenders.

All the basic attacking and defending situations begin when a player either has possession of the ball, or has lost possession.

What it follow is a series of 1v1 exercises that reflect theses basic situations.



Attacking after the ball is won			Defending after the ball is lost	
<u>What does a player do when receiving the ball in these situations?</u>			<u>What does a player do when he/she loses possession of the ball?</u>	
Back to the opponent goal	Facing the opponent goal	In front of the goal keeper	When chasing the opponent	When trying to win the ball
<ol style="list-style-type: none"> 1. Pass back 2. Turn the defender 	<ol style="list-style-type: none"> 1.To reach the most dangerous area for a shot on goal. 2. To beat the immediate opponent 	<ol style="list-style-type: none"> 1. Scores by shooting directly on goal 2. Dribbles the keeper to score a goal 	<ol style="list-style-type: none"> 1. Adjust running speed to the opponent 2. Time of tackle 	<ol style="list-style-type: none"> 1.Delay opponent 2..Channel opponent 3.Time of the tackle

1V1 WITH 2 GOALS AND 2 KEEPERS ATTACKER IN POSSESSION

	<u>Attacker</u>	<u>Defender</u>
<u>Objectives</u>	To beat an opponent for a shot on goal	To slow down and channel the opponent away from goal
Organization	Groups of 6 alternating attacking and defending	
Description	In a 15x20 yards grid two players take a turn in attacking and defending in a 1v1 game. A goal can be score after the midway line. After each player has a turn in attacking and defending two new players come in.	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> • Quickly look for a direct path to goal • If near the goal and the opponent gives space, can he shoot? • Try to unbalance the defender to find space for a shot on goal 	<ul style="list-style-type: none"> • Get yourself in a line between the goal and the attacker. • Adjust to the speed of the attacker • Assume a good defensive stance (one foot forward and one back) showing attacker to the outside. • If the attacker does not control the ball properly... can you win it? • If the attacker takes a shot on goal, can you block it?

Coaching methodology

The coach asks the players about their observations and what they intend to do

1. The coach evaluates with the players:
2. Things that went right
3. Things that went wrong
4. Why?
5. What adjustments needs to be made.

1V1 WITH 2 GOALS AND 2 KEEPERS

	<u>Attacker</u>	<u>Defender</u>
<u>Objectives</u>	After receiving the ball, He attacks the goal frontally for a shot on goal	Preventing shots on goal , and channeling the attacker to the outside
<u>Organization</u>	Groups of 6 alternating attacking and defending	
<u>Description</u>	In a 15x20 yards grid divided in 3 zones, the defender passes the ball to the attacker which after receiving it will attempt to score a goal <p style="text-align: center;"><u>Variable</u></p> Defender can only win the ball in the central area	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> Quick control of the ball Go straight at towards the goal Use change of direction and fakes to go around the defender Before taking a shot on goal take a look at the keep position 	<ul style="list-style-type: none"> Meet the attacker as far away from the goal as possible Adjust your speed to the opponent speed Channel the attacker to the side by using proper body position Look for a control mistake by the attacker to tackle the ball

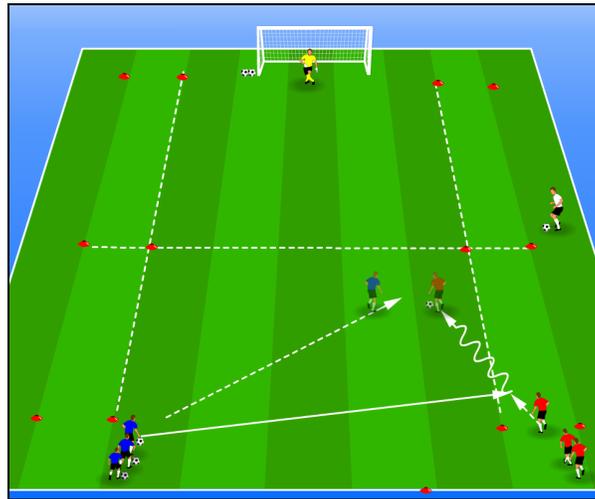
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1V1 TOWARDS A GOAL WITH A KEEPER

	<u>Attacker</u>	<u>Defender</u>
<u>Objectives</u>	After receiving the ball back to goal, the attacker tries to turn the defender for shot on goal	Preventing the attacker from turning, while channeling him/her away from goal
Organization	2 groups of equal numbers	
Description	In a 30x30yards grid divided in 3 zones. The defender passes the ball to the attacker that after dribbling past the middle line, will try to score on goal .Switch roles.	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> Quick control of the ball Go straight towards the goal Get in front of the defender See the position of the keeper 	<ul style="list-style-type: none"> Go quickly towards the attacker Try to get goal side Keep him/her outside Tackle the ball(if possible)

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1V1 FRONTAL APPROACH WITH A KEEPER

	<u>Attacker</u>	<u>Defender</u>
<u>Objectives</u>	To deliver a shot on goal after beating the defender	Close down attacker as quick as possible and take away shooting opportunity
<u>Organization</u>	2 groups of equal numbers	
<u>Description</u>	<p>In a 20x20 grid area a defender passes the ball to an attacker which will try to take a shot from the designated area.</p> <p style="text-align: center;">Switch roles</p> <p style="text-align: center;"><u>Variation</u></p> <p>If defender wins the ball he/she can score in any of the two small goals</p>	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> Quick control of the ball Go straight at towards the goal Take a shot even when under pressure See the position of the keeper 	<ul style="list-style-type: none"> Go quickly towards the attacker Keep him/her outside Prevent the Attacker to take a shot Prevent the attacker to go to the shooting zone

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1V1 ACROSS THE LINE FOR A SHOT ON GOAL

	Attacker	Defender
<u>Objectives</u>	To get behind defenders to deliver a shot on goal	Preventing the attacker to get inside the shooting zone
<u>Organization</u>	2 groups of equal numbers	
<u>Description</u>	<p>In a 20 x20 grid, an attacker in possession of the ball will try to go thru a 10 yards wide gate guarded by a defender.</p> <p>If the attacker is able to go thru, then he will take a shot on goal</p> <p style="text-align: center;"><u>Variation</u></p> <p style="text-align: center;">If defender wins the ball he/she can score in any of the two small goals</p>	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> Go straight at the defender Unbalance the defender with a move or fake Deliver the shot 	<ul style="list-style-type: none"> Close down the attacker Eyes on the ball Tackle ball

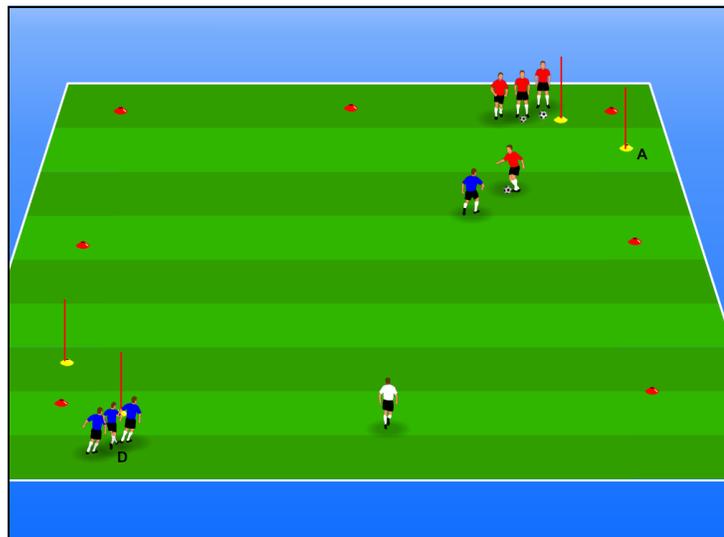
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1V1 ON TWO SMALL GOALS

	<u>Attacker</u>	<u>Defender</u>
<u>Objectives</u>	Finish at goal after dribbling and defending the ball	Preventing shots on goal , and channeling the attacker to the outside
Organization	Groups in pairs alternating attacking and defending	
Description	In a 15x15 the player in possession of the ball will attempt to score a goal <u>30seconds time</u>	



Solutions for Attackers	Solutions for Defenders
<ul style="list-style-type: none"> Quick control of the ball Go straight at the defender Use change of direction and fakes to go around the defender Shield the ball if needed 	<ul style="list-style-type: none"> Meet the attacker as far away from the goal as possible Adjust your speed to the opponent speed Channel the attacker to the side by using proper body position Win the ball to start an attack

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FINAL CONSIDERATIONS

There are many other exercises to improve the 1v1 situation. Make it competitive, fun, and most of all informative. 1V1 situations should be part of a development plan from the early ages. Encourage younger players to experiment and be creative with the ball. Systematic teaching of ball mastery should be part of any program. The defending side is equally important and should be introduced early. Giving them solutions to the problem they face during exercises of 1v1 it is not always the best approach. Allow them to discover the various problems they encounter by asking questions and let them find possible solutions to them.

Methodology and organization

During the 1v1 players will learn the “how to play”

It is important to follow a proper methodological approach that ranges :

- From easy to more difficult tasks
- From the known to the unknown
- From simple to more complex
- Lots of repetition and variations

Coaching Points for Attackers

- Get straight at the defender
- Be in control of the ball
- Unbalance the defender with fakes
- Change direction
- Change speed
- Lots of attitude

Coaching Points for Defenders

- Close down the space between you and the attacker
- Slow down the attacker
- Channel the attacker wide
- Wait for the right moment to tackle the ball