

# SESSION PLAN: 1 v 1 ATTACKING MOVES

## WARM UP/BALL MASTERY/SPEED

### BALL MASTERY: [See Video](#)

**SET-UP:** 6 gates, 2-3 yards in width  
Squad split into 2 groups

**ACTION:** Without ball, Red 1 tries to tag Blue 1 before he runs through 3 gates

**VARIATION:** Red 1 tags Blue 1, roles switch and Blue 1 chases Red

**VARIATION:** Same but with ball.

## COACHING POINTS

- Anticipation of where player is running to and cutting off angle
- Change of direction/speed
- With ball: Ball must be kept in close control
- Productive first touch to start

## DIAGRAM



## 1 v 1 MOVES

### 1 v 1 ATTACKING MOVES:

**SET-UP:** 4 flags set out in diamond shape, 4 cones about 10 yds from each flag

**ACTION:** Blue players dribble towards flag, perform 1 v 1 move, and run with ball to opposite line Red players then do the same.

**VARIATION:** Players race to see who can get to opposite line first

## COACHING POINTS

- Ball is shifted outside of cones to avoid "defender's reach" Change of direction/speed
- Must speed up after move
- Cut across defender's recovery run
- Quality of move
- Moves: Rummenigge, Van Basten, Mathews, etc

## DIAGRAM



## SMALL GROUP PLAY

### 1 v 1 ATTACK & DEFEND

**SET-UP:** place 2 pugg goals, approximately 10 yards apart, 2 lines of players about 20 yards from goals

**ACTION:** Blue 1 attacks 1 v 1, and using a move attempts to beat Red 1. Once ball is played, Red 2 attacks Blue 1 and the process is repeated.

**VARIATION:** Play 2 v 2

## COACHING POINTS

- Attack at pace
- Attempt moves..be creative!
- Change of direction/speed
- Keep tempo high and encourage quick decision making

## DIAGRAM



## SMALL SIDED GAMES

### 4 v 4 CONDITIONED GAMES

**SET-UP:** small field 40 yds X 20 yds with two pugg goals

**ACTION:** Players play 4 v 4 and are encouraged to take players on and be creative.

**VARIATION:** 1 point for any player who successfully takes on opponent

**VARIATION:** Players cannot pass forward, force players to dribble

## COACHING POINTS

- Same as above
- Moves: Where, when, and why
- Lets players experiment..mistakes will happen but the goal is to let players be creative!

## DIAGRAM

