

“Let’s See You Score”

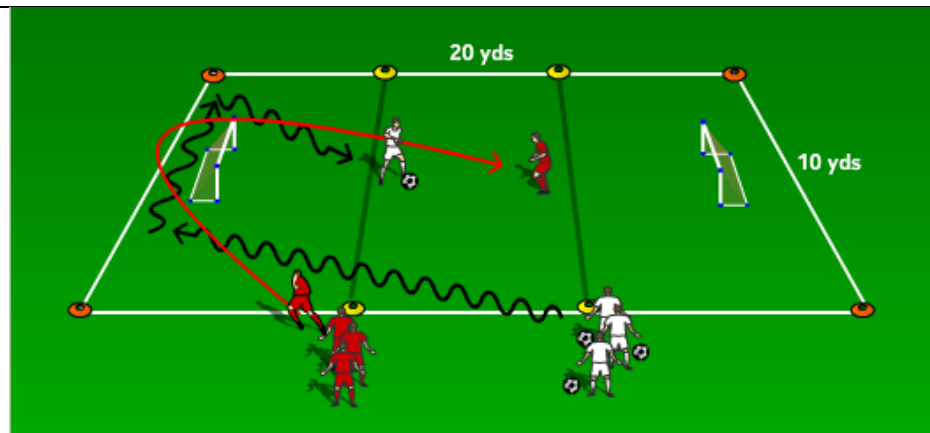
East Central Soccer District Academy Curriculum

Curriculum Topic: 1 v 1

Primary Objective: To build confidence in skill in 1 v 1 attacking

Duration: 10 minutes

The Basics



Organization

20 yd x 10 yd grid with 2 small goals placed inside end lines, two cone dividers separating field roughly into thirds.

Split group into 2 teams, 1 team with a supply of balls.

Activity

At coach’s signal, attacker (white) with ball and defender (red) race around attacker’s goal, and attacker tries to score. Defender is not allowed to engage attacker until attacker crosses first yellow cones, attacker not allowed to shoot until he crosses 2nd yellow cones.

If defender steals, ball, defender can score.

After 2 minutes, switch roles of teams, attacking and defending.

Coach Pts

- Have attackers try different CoD/CoS moves to defeat defenders, especially if they seem to only use a single move or speed only to defeat defenders (cut, feint-cut, scissors, Cruyff, etc).
- Encourage defender not to wait to be told to begin run around small goal, but to react as soon as previous pair’s play is dead.

Mods

- If defenders are consistently stopping attacks, require defenders to run and touch their own goal before coming out to challenge attacker.
- If attackers are scoring easily, move shooting line closer to goal and require a passing shot to score.
- To include a passing element, coach or an attacking teammate can deliver a pass to the attacker once he rounds the goal.

Progression

- Play 2v2, and encourage players to get open to receive a pass. Remind players that YOU’RE NOT OPEN UNLESS YOU’RE MOVING AND OPEN.