

One on one- attacking & defending

The focus for this week's Training Ground is an introduction to 1v1 situations where players can gain experience in Attacking and Defending techniques as players need to become comfortable in both.

The following practices will give players various experiences and problems to overcome whilst working on 1v1's, and, by changing the set up, players will need to think about the **'technical'** aspect, what skills they'll use to beat a defender or how will they defend against an attacker and **'tactical'** awareness which is required for decision making, both in attack and defence.

- 1: Get players used to shielding the ball from a passive defender (no tackling)
- 2: Players facing each other, one with a ball. Can the player with the ball use clever play to get to a cone with the ball under control before the defender?
- 3: This practice just gives a different perspective and works across a diamond rather than a square.
- 4: With two wide goals, can the attacker trick the defender and get to one of the cones?
- 5: Cones off set—If the attacker goes past the first cone they cannot then go back and must progress to the furthest cone.
- 6: Two cones at the end of the area—Now the attacker is looking to use speed, once the defender is beaten, to get to either end cone.
- 7: With this last drill, attackers are given more opportunities for success and defenders are asked to protect more goals, therefore decision making becomes more important.

With all of the above, players should be rotated, it would also be a good idea to have more than one pair working on each exercise as they are very demanding. Two working while two rest.

The size of the areas should be relevant to the age of the players you are working with.

