

1v1: Dealing with Pressure



Topic: 1v1

Practice type: Technical Practice

No. of Players: 3 – 20+

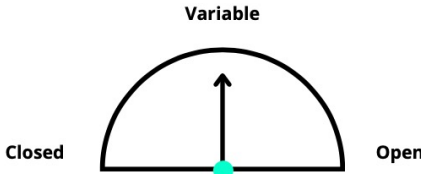
Offsides: Optional

Timing: 12 – 20 minutes

Goalkeepers: Optional

Pitch size: 30 x 30

Age group: U6+



Objective:

The focus of this practice is to work on 1v1s with defensive pressure from behind. Attackers are encouraged to work on movement to receive while defenders aim to stop the attacker and secure possession.

Organisation:

Set up an area that is appropriate for the age of your players. A larger space will be easier to find space, but possibly more physically demanding. A tight space will be more difficult technically but more manageable physically. Set up multiple gates/goals behind the player and a starting line for the attacker/defender to start behind. If you have goals, a scoring zone is advisable. When the ball is passed in, the attacker must go 1v1. You can progress to allow 2v1s or adapt the practice so the players are side by side as opposed to in front/behind. The coach can choose whether players can only attack the gate/goal immediately behind them, or whether they can attack any of the goals (harder for defenders).

What you might see

- Players always coming short/failing to get in a position to face forward
- Players losing the ball under pressure
- Players lacking confidence 1v1
- Defenders forgetting to make a 'securing' forward pass

Actions you might take

- Encourage/demonstrate double movements
- Praise and reaffirm bravery and creative play
- Reward defenders with a point every time they win it & secure a pass.
- Ensure all players keep their own score of goals or 1v1 defensive duels won to make it competitive

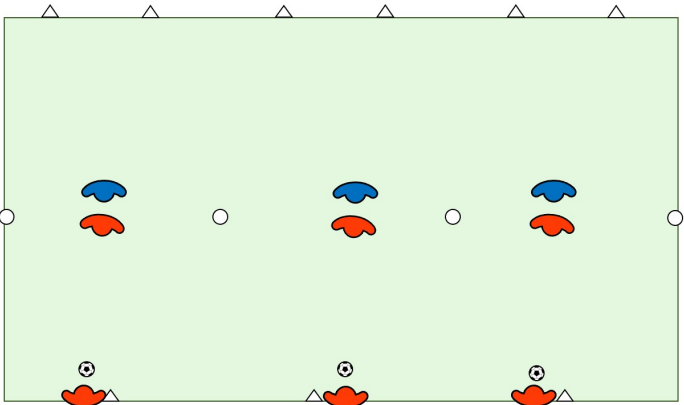
Adaptations:

Is the session too easy?

- Make the space smaller to increase traffic/interference
- Give attackers a time limit to score

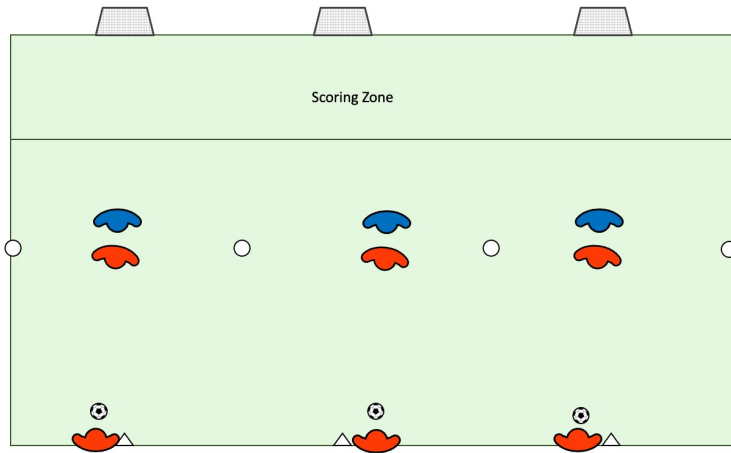
Is the session too hard?

- Make the space bigger
- Allow 2v1s
- Allow attackers to attack any of the goals or gates (less predictable for defenders)

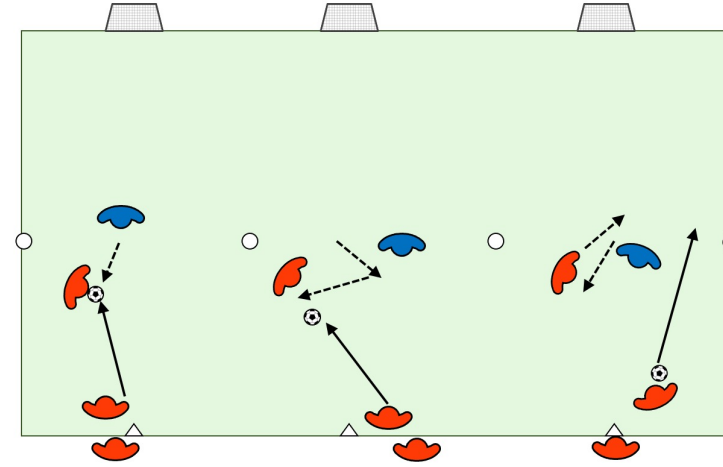


Session organised in groups of 3 players with gates to dribble through. Each player rotates after their turn - server becomes attacker, attacker becomes defender, defender becomes server. Alternatively, you could work in sets of 3 before changing roles. The white line is advisable as a start point so players have space to come short or run in behind..

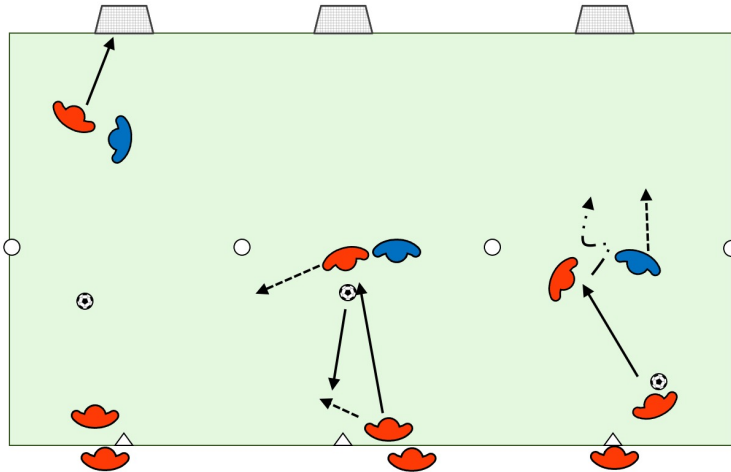
Technical	Psychological
Retention Receiving Dribbling	Determination Resilience Confidence
Agility Speed	Bravery Encouragement
Physical	Social



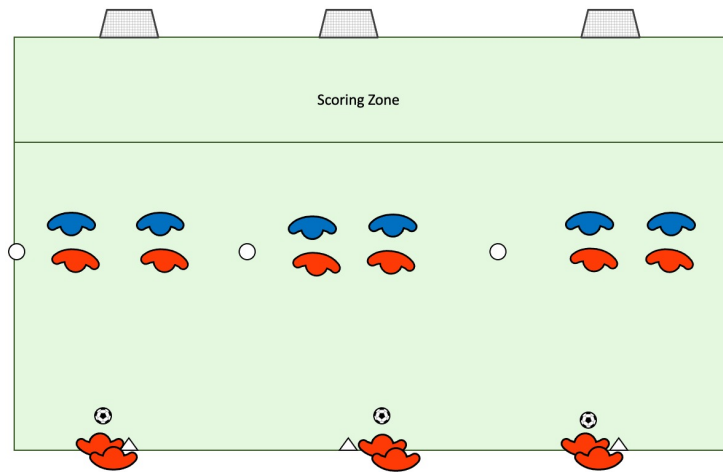
This example is using mini goals. If you have goals, it's advisable to add a scoring zone so you don't have players shooting from distance. If you had one goalkeeper at training, you could set the practice up with one bigger goal for the GK to work in.



Example of players moving to receive and face forward. On the right of screen, the attacking (red) player makes a double movement to run in behind. Encourage unpredictability from players so they don't always go short to receive the ball. This example also shows organisation in groups of 4. One player rests, plus server, attacker, defender. Players rotate after their turn.



Example of various outcomes. On the left, a player wins the 1v1 and breaks in behind to score. Centrally, the progression of allowing the attacker to pass back to the server (2v1) and find a new space is shown. On the right, the player receives and beats their opponent.



Example of practice set up if you wanted to work on 2v2s using the same framework.

