



Colorado United U11-U15 Academy Program



Session Date:	Week 6	Time:	75 mins	Age Group:	U11-U15
Session Theme:	1v1 Situations				

<p>Whole: First and Last 15 minutes</p> <p>Objective:</p> <p>Using half the field, split the team in half, one side defends the big goal, one defends three small 2-3 yard goals on the halfway line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>© Copyright www.academysoccercoach.co.uk 2018</p>
<p>1v1 Objectives</p> <p>In 1v1 situations we want our players to be confident. The way players become confident is through repetition.</p> <p>Players should look to use moves to beat their defender. Players should only use multiple moves, if they can't get by the defender with the first move. We want our players to make one decisive move and then attack. No dancing on the ball.</p>	<p>FC Dallas Warm Up</p> <p>15 minutes</p> <p>10 x 15 lanes, 2-3 players per line across from each other.</p> <p>Ball starts with A and C.</p> <ol style="list-style-type: none"> 1. Dribble to the middle, do a move, pass to teammate. Then B and D go. 2. A and C dribble, do a move, leave for B and D who 1 touch back to line A and C. 3. A and B two touch and follow pass, while C and D do the same. 4. A passes to B, A delays B. Then switch lines. 	<p>1v1 Lanes</p> <p>15 minutes</p> <p>10-12 x 15 lanes, wider lanes can provide better results for the attacker.</p> <p>One side passes to the other side and they play 1v1. Attacker or defender can score. Player can score by dribbling past the opposite end line. Have players switch lines.</p> <p>Try to beat the defender with one move.</p> <p>Get the defender to lean one way and go the other.</p>	<p>1v1 To Goal</p> <p>15 minutes</p> <p>2 line straight out from the posts 25 yards out.</p> <p>The defenders are next to the post. One defender passes the ball across from them to the attacker. They play 1v1. Once a goal is scored or a defender gets the ball the play is dead and the other side goes. Players can switch lines or you can switch at the end so you can have teams.</p> <p>Try to beat the defender with one move.</p> <p>Get the defender to lean one way and go the other.</p> <p>Created by Josh Beaty</p>