

**Football
Focus**

1V1 IDEAS

3V3 AND 4V4

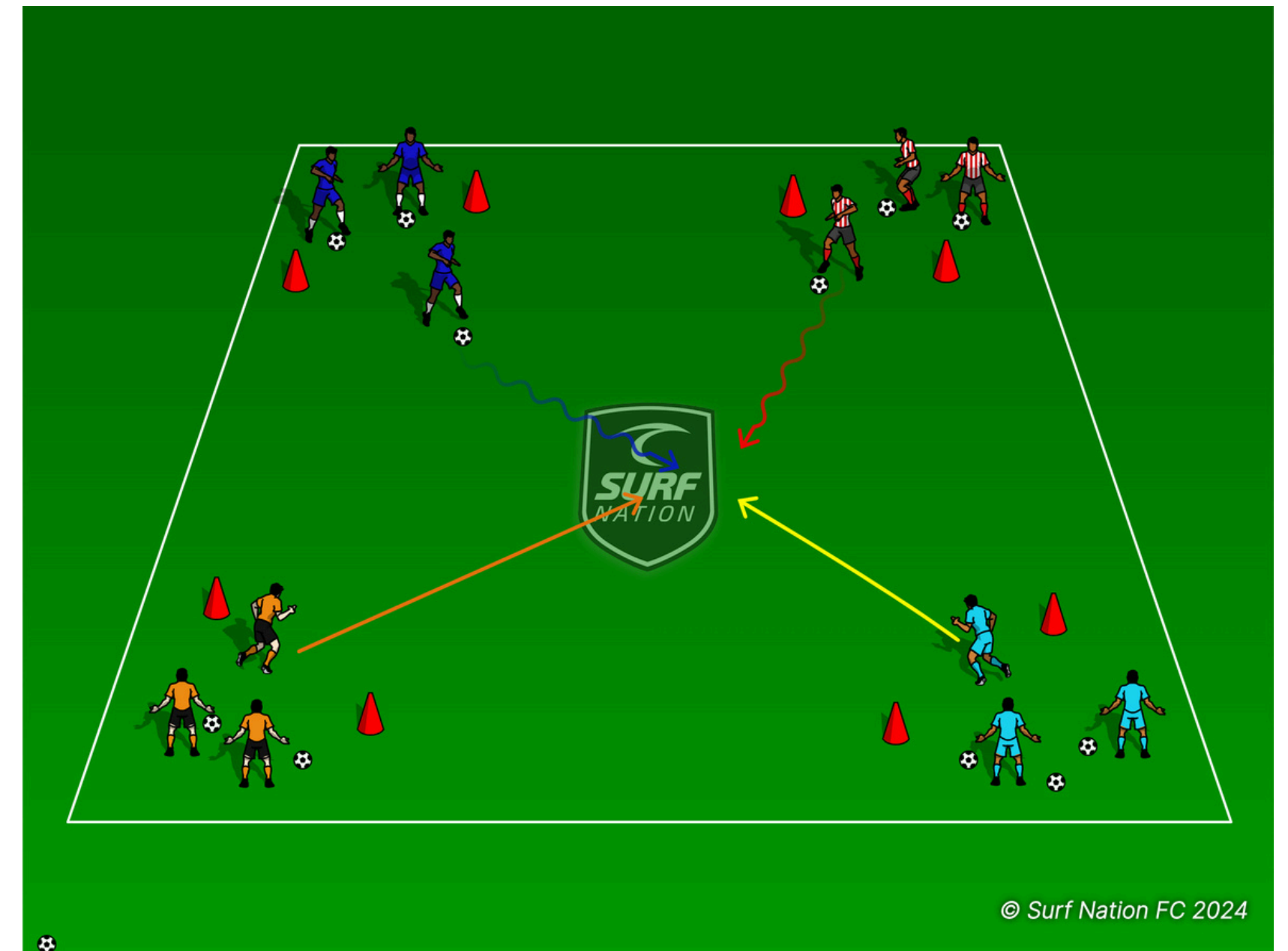


1v1 Multi-Directional

This game takes place inside a 20x20 area, which has one gate in each corner. Players are split into four teams and are designated one corner as their base. Two teams start with a ball each.

Game starts with two 1v1 competitions going at the same time. One player is trying to dribble through the opposite gate with the opposite player defending.

If the defenders win possession, they can counter immediately and score by dribbling through their opponent's gate. Switch roles after each game.

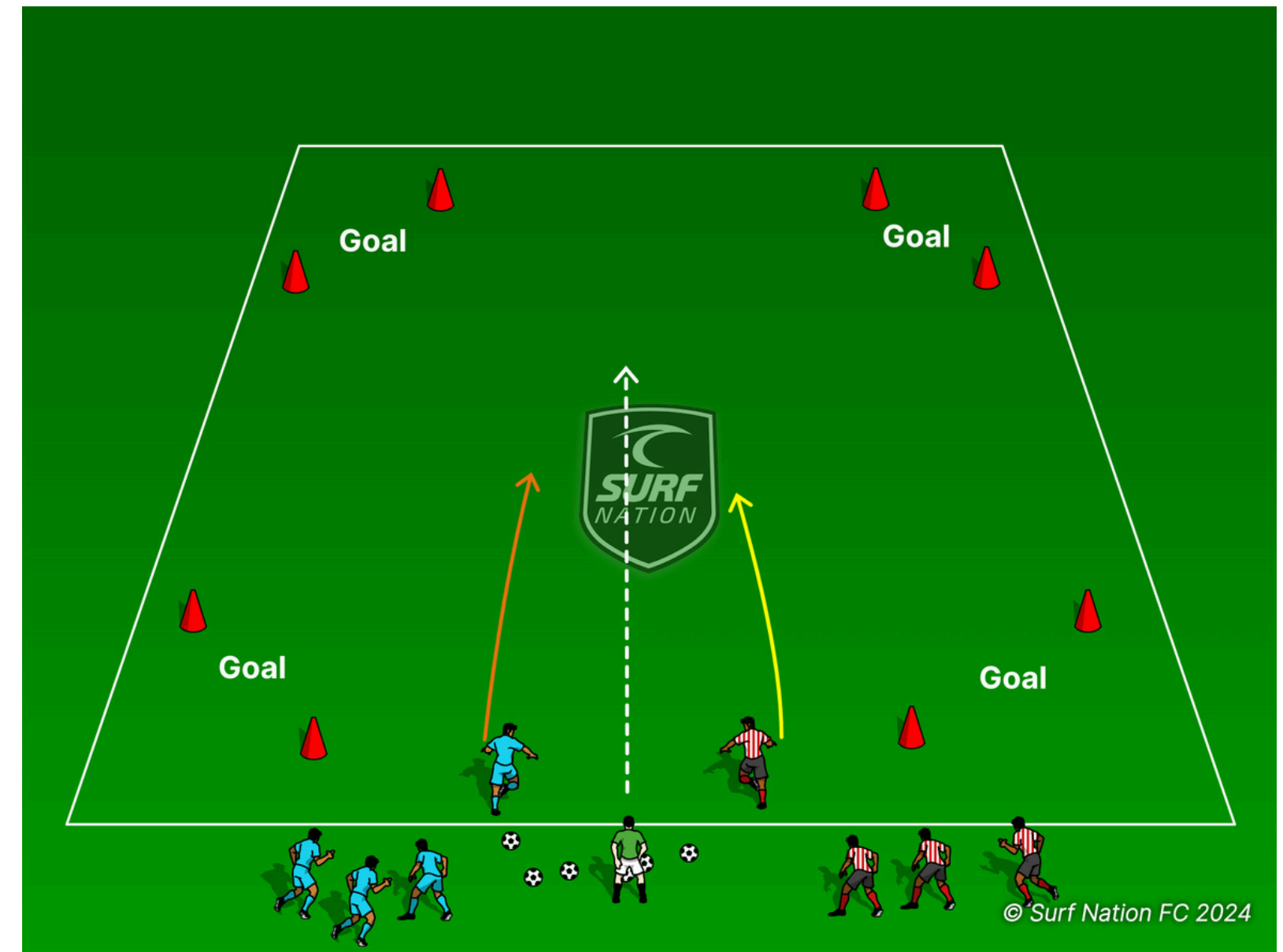


1v1 to Find Space

This game takes place inside a 20x20 yard area, which has one 5-yard zone in each corner. Players are split into two teams and are positioned alongside the coach, who has a supply of balls.

One player from each team is positioned on the line and the coach starts the game by passing the ball into space on the grid. Two players sprint out to the ball and then play 1v1 where the player who gets to the ball first is the attacker and the second player automatically becomes the defender. The attacker scores by dribbling into any of the four goals in the corners.

If the defenders win the ball, they become the attacker and the roles change immediately. Coaches can also play multiple 1v1 games at the same time.

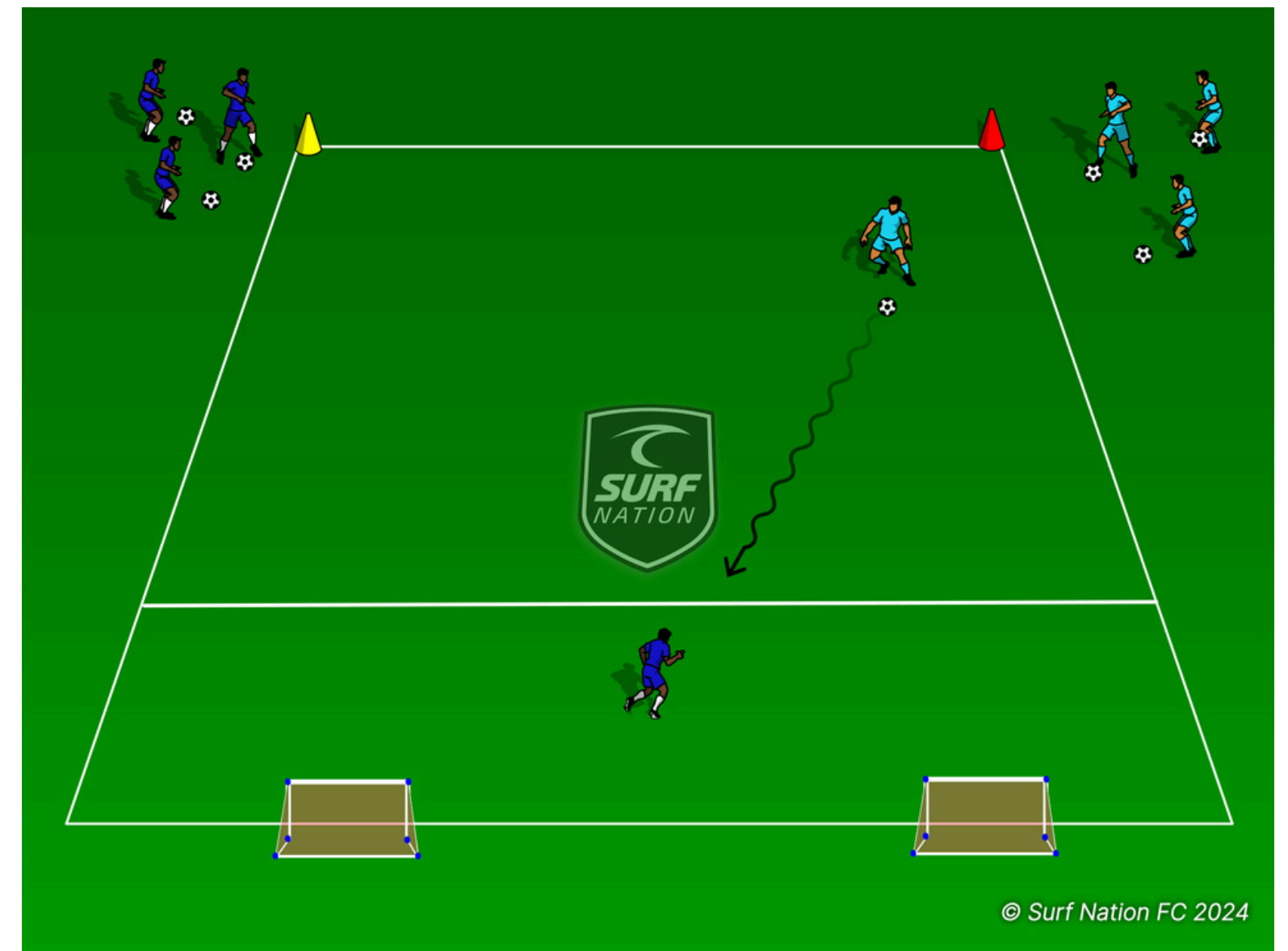


1v1 Attack & Defend

This game takes place inside a 25x25 yard area, which has a 5-yard Goal Zone with two mini-goals inside. Players are split into two teams and positioned in each corner with a supply of balls.

A player on one team starts by dribbling towards the mini-goals. They cannot shoot until they are in the Goal Zone where they face a 1v1 with the defender. After shooting, the attacker becomes a defender and the other team goes immediately.

Play a series of 3-minute games and encourage players to dribble and transition to defensive roles at full speed. Keep the score if you would like to create a competition between the teams



Multi-Directional 1v1

This game takes place inside a 25x25 yard area, which has a mini-goal on each side. Players are split into four teams with two teams designated as attackers with a ball each.

The objective of the game is to have two 1v1 games going in different directions. To start, the orange team play 1v1 against the red team in Goal 1 and Goal 2. After that game, the other two teams play 1v1 into Goal 3 and Goal 4.

Play 3x5 minute games and move teams to compete against each other.

Progression:

Play two games moving in different direction at the same time.



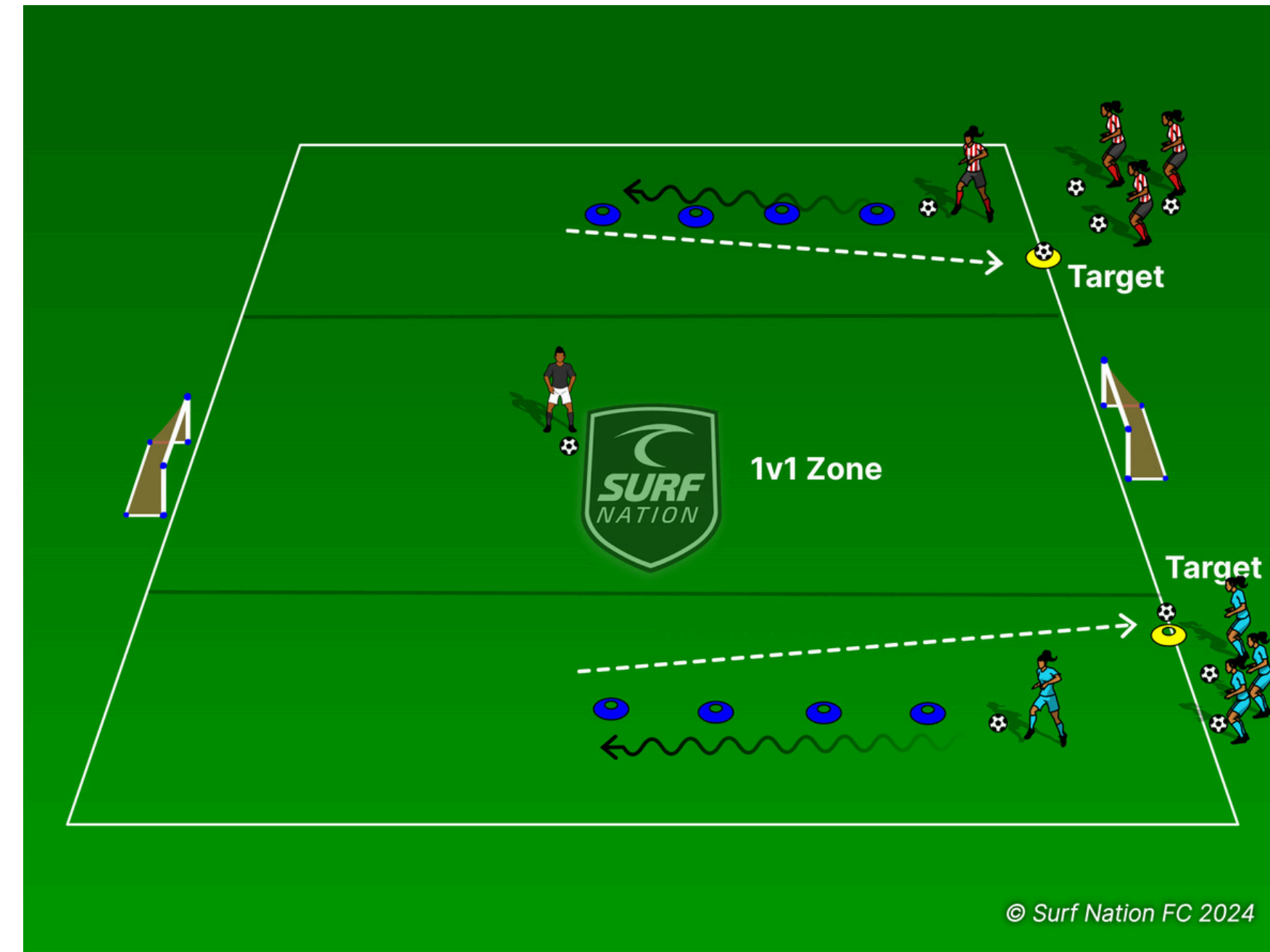
Dribble, Pass, 1v1!

This game takes place inside a 15x20 yard area, which is split into three zones. Players are split into two teams with a ball each. A coach stays in the central zone with a ball also.

The objective is for one player on each team to start at the same time, dribble around the cones and then turn and pass the ball at the target ball on their side. They get one point if they hit the target ball (positioned on top of a cone).

After the pass at the target, both players then go into the middle and play a 1v1 game where the coach designates which team shoots into a specific goal. After the 1v1 game, the next pair go.

Teams can switch sides after each round so they get practice on passing with both feet.



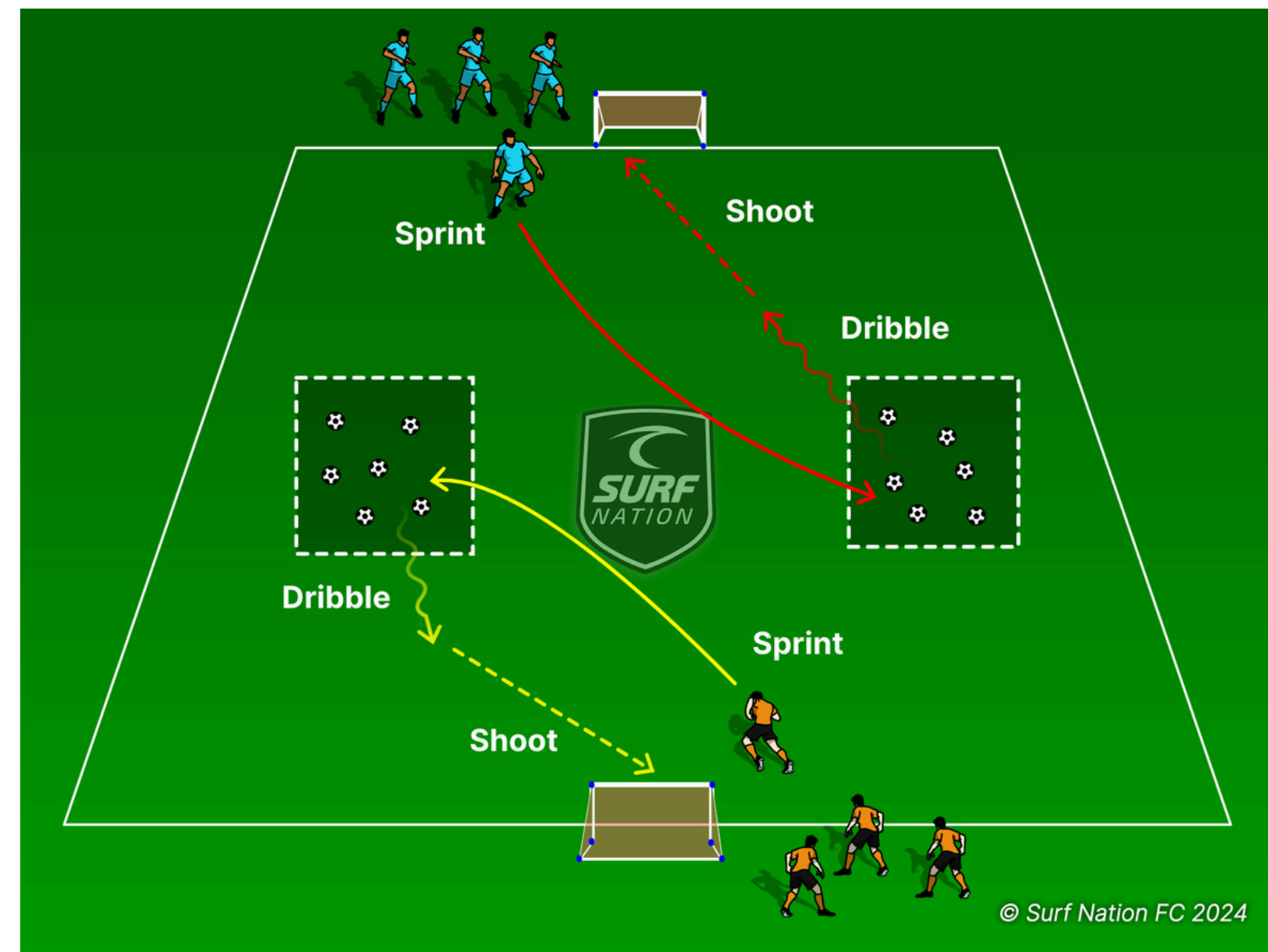
Dribble & Shooting Game

This game takes place inside a 20x20 yard area, which has a 5-yard zone on each side with a supply of balls.

The objective of the game is for the first player on each team to run out diagonally to the zone with the balls. They then dribble a ball out of the zone and look to score in the mini-goal. The first team to get all of the balls in the goal wins.

Progressions:

- Right foot only finish
- Left foot only finish
- 1v1 move before the finish



1v1 Four Goal Game

Eight players organized into two teams in a 20x20 yard area with a 5-yard zone in the middle that contains a supply of balls.

Attacking players start in middle with four 1v1 situations to goal. Players have 3 minutes to score as many goals as they can. Coach keeps score throughout the game. Change 1v1 match ups after each game.





THANK YOU



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MiMENTOR
