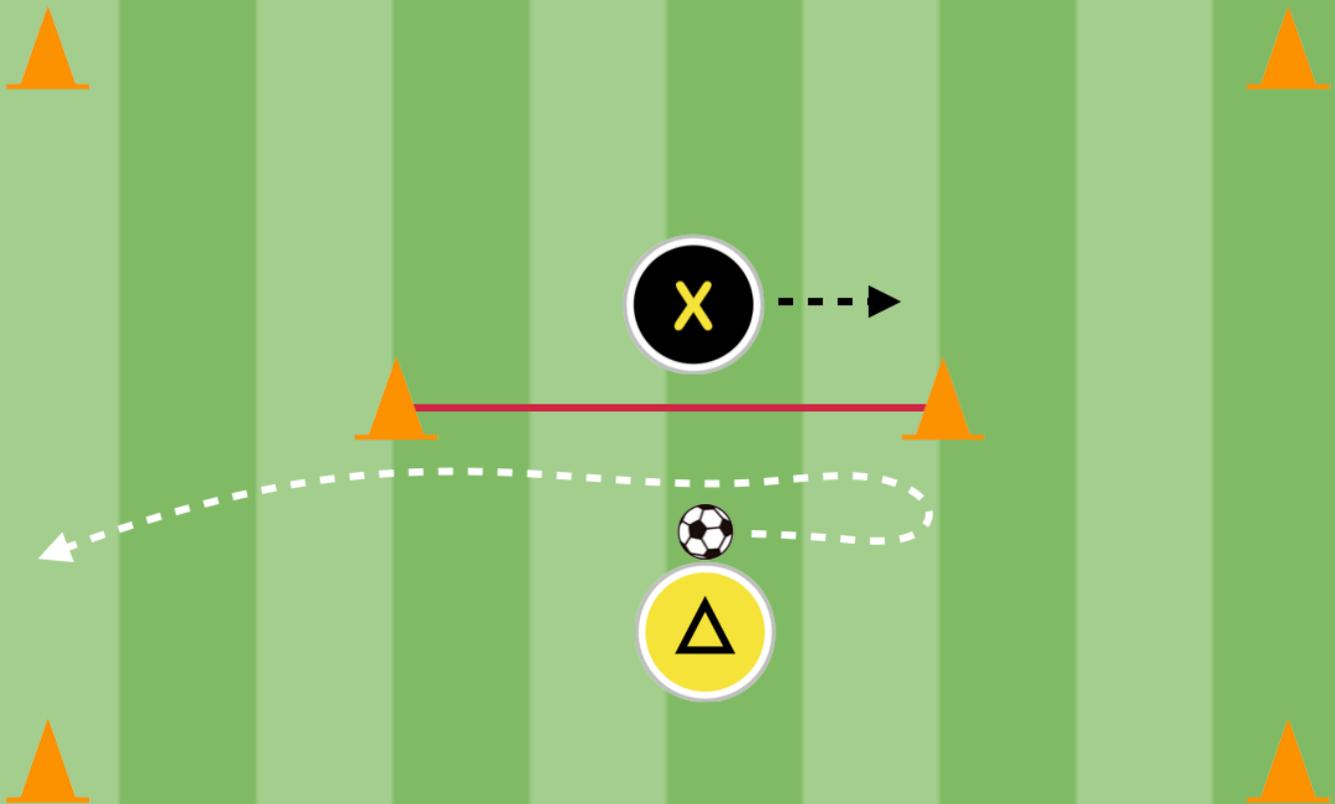


1v1 SIDEWAYS



1v1 SIDEWAYS

This is great 1v1 game which works on beating your opponent laterally rather than going past them. The player will have to work on using lateral speed or feinting to unbalance and commit their opponent first.

SET UP & ACTIVITY

Set up two gates or target zones that are in line with each other one to the right and one to the left. The two players will start in-between the two gates in the middle. In addition you can start with a set of cones as wide as you like which are the initial safe zone for the player with the ball.

Put your players into pairs that are of similar or equal ability level. The two players will start out facing each with the ball between them. The objective of the activity is for the player who has possession of the ball to dribble the ball into either of the two target zones either side of them.

The ball will start in a stationary position. The defender can not take or try and steal the ball until the attacker has made the ball move started their attempt.

If the defender can steal the ball they can win a point by getting the ball into the opposite target zone to which the attacker was trying to go to.

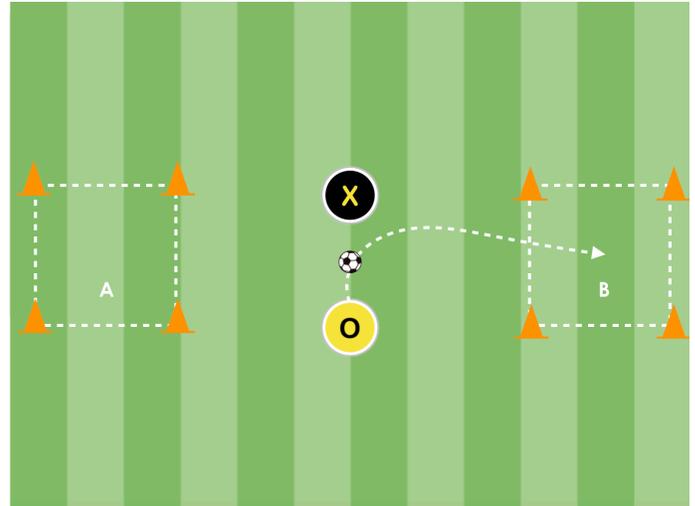
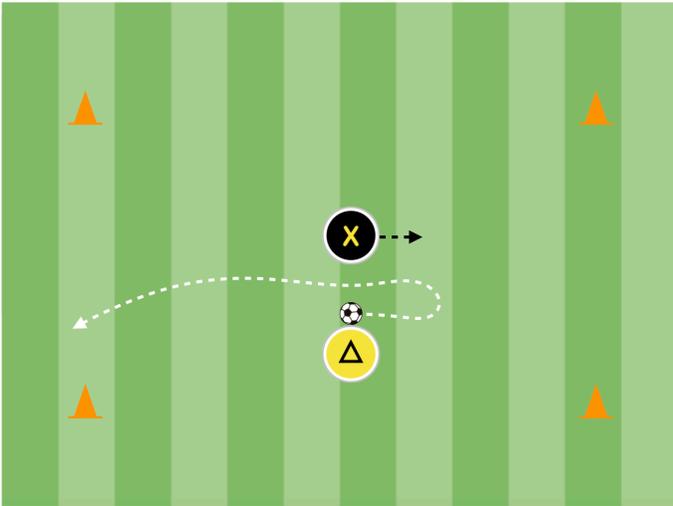
- You will want to determine the distance of the zones based on the ability level of your players. The closer the two zones are the easier this activity will be the further apart the more difficult.
- You can also make your target zones bigger or smaller to adjust the difficulty of the activity.
- For beginner and younger players you may want to start out playing this activity to a line rather than a target zone/box as it will be easier for them to just get across a line.

COACHING POINTS

- Show players the following variations on how they might try to win the activity:
- Use your speed to try and beat the defender. Simply take the ball and dribble to one of the target zones and see if you can beat them by taking the ball and getting to the target zone before them.
- Start your dribble one way towards one of the target zones then when the defender covers you use a change of direction to create separation and dribble back the other way to the other target zone.
- Feint to take the ball towards one of the target zones, if the defender reacts and makes a move towards that target zone, take the ball and use your head start to go to the other target zone. Focus on unbalancing the defender and reacting to their movement.

VARIATIONS

- Switch partners to create new match ups.
- Varying the starting position of the attacker so they are closer to one of the target zones making the defender have to focus on defending the closer zone a little more.
- Remove the safe zone for the attacker so that it is harder for them from the beginning



TROUBLESHOOTING

- Defender will keep stealing the ball as soon as the attacker tries to start dribbling.
- Make the defender back away a yard or two so it gives the attacker a chance to get the ball in motion before they are tackled.
- Defender will keep tackling and kicking the ball away. Explain that to win the game they must be able to steal the ball and get the ball across the line or into the box if they kick it away they do not have the ball and can not win.