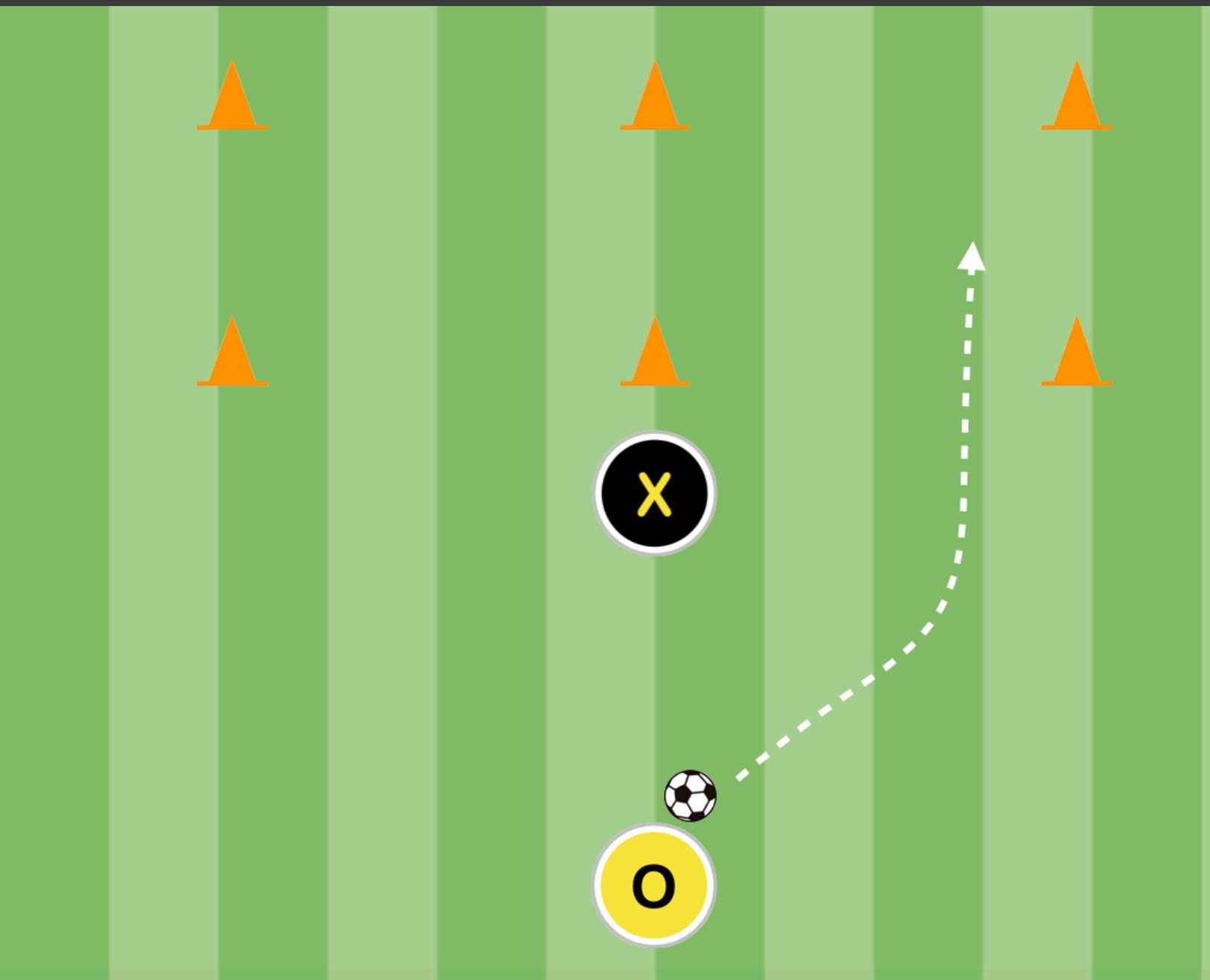


1v1 TO ENDZONE



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This is a good introductory 1v1 exercise for players to work on getting past a defender it is played to an End-zone instead of to a goal.

SET UP & ACTIVITY

Set a up an End-zone at one end of your pitch we recommend making it a rectangle to start with. Make your End-zone wider and deeper for beginner players to give them more room and help them have more success. You can narrow the End-zone and make it smaller as they have success.

You can also make your pitch longer and deeper to help players have more success to begin with. You may want to shorten grid if you do not want to encourage the attacker to simply beat the defender by kicking the ball past them and using their speed.

One player will start with ball and the objective is for them to dribble past the defender and get the ball into End-zone under control. If the attacker lets the ball go through the back of the End-zone they do not score a point they must stop the ball within the End-zone.

The defenders job is to stop the attacker getting into the End-zone by forcing them out of play on either sideline or by stealing the ball from the attacker.

- Add an objective for the defender so that they are focused on winning the ball not just tackling and kicking the ball away. You can do this by telling the defender they win a point only by stealing the ball and then passing it to the coach or another player off to the side.
- Try and keep the attackers flowing quickly so as soon as one 1v1 battle is over the next attacker should go. Do not stop every time and reset the exercise make the defender have to react quickly to the next attacker.
- For beginner players we recommend keeping the same defender for a period of time and then switching. With older players you can have the attacker stay and become the next defender so there is constant change of who is the defender. The only issue with this is the defender will always be going against the same player and they never get more than one repetition in a row.

COACHING POINTS

For the Defender

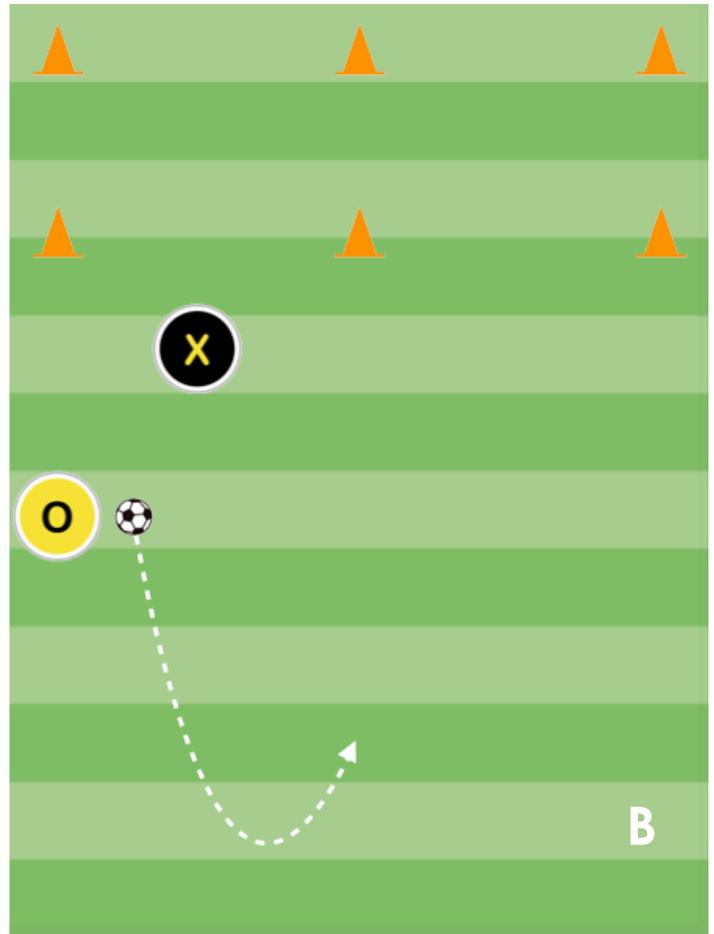
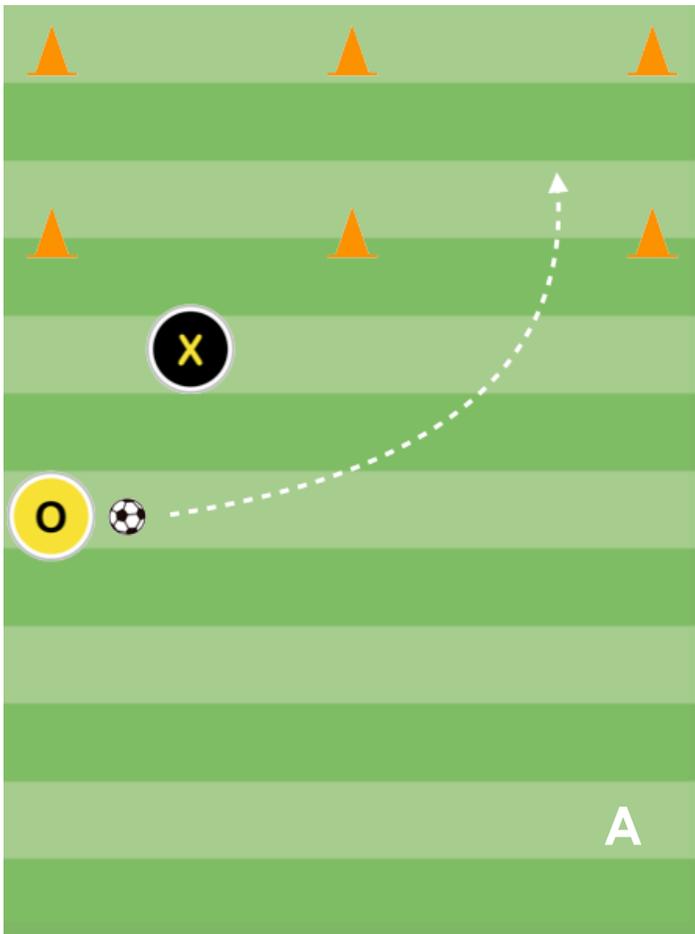
- Make sure the defender is not staying close to the End-zone and that they are trying to win the ball as far down the pitch as they can. You want them to close down the attackers space. We do not want the defender to be passive and just wait by the End-zone for the attacker to advance on them.
- Close down the attacker as quick as you can and then keep an arms length away and establish a side on (surfboard) stance.
- Be patient as the defender only try and take the ball when the attacker makes a mistake and you feel you can steal the ball.
- Try and force the attacker to the sides of the pitch by angling your body and giving them more space to one side to encourage them to go where you want them to.

For the Attacker

- Have the attacker try a change of pace/speed. Show them how to dribble at the defender at one speed and then change speed when they want to try and go around or past the defender.
- Have the attacker try to get the defender to commit to going one way by using a feint or a move and then when the defender commits to going to one side change direction and go the other way past the defender.
- Have the attacker try a variety of moves, feints and fakes to unbalance the defender and then change direction. Make sure they are making the feint/move early before they get to close to the defender and run out of space to change direction.

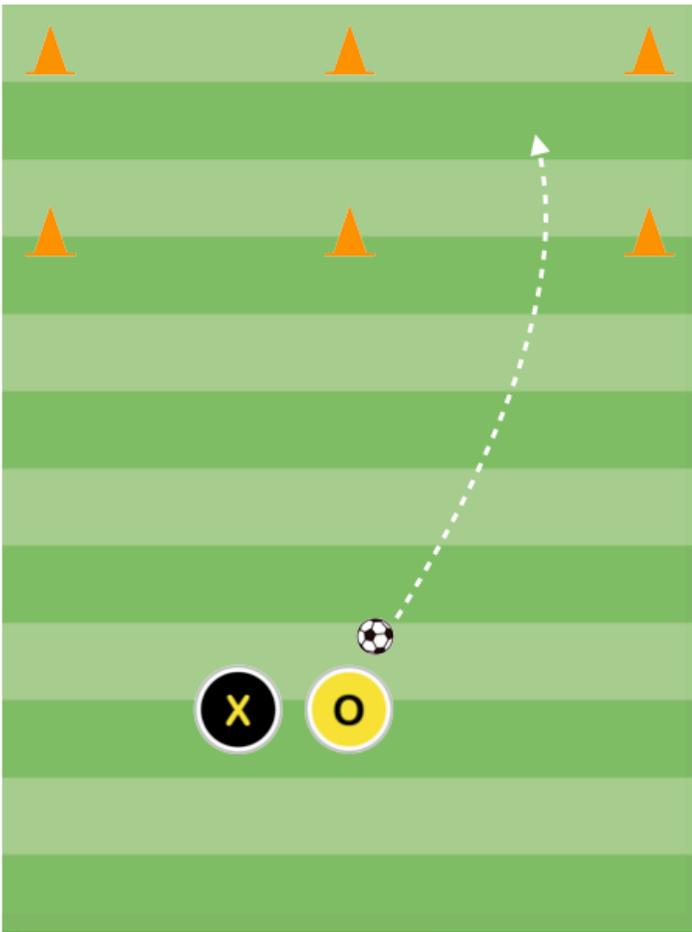
VARIATIONS

This activity has a lot of variations and progressions that you can make, here are a few simple ones you can use in the same session that gives both the defender and attacker some different situations.



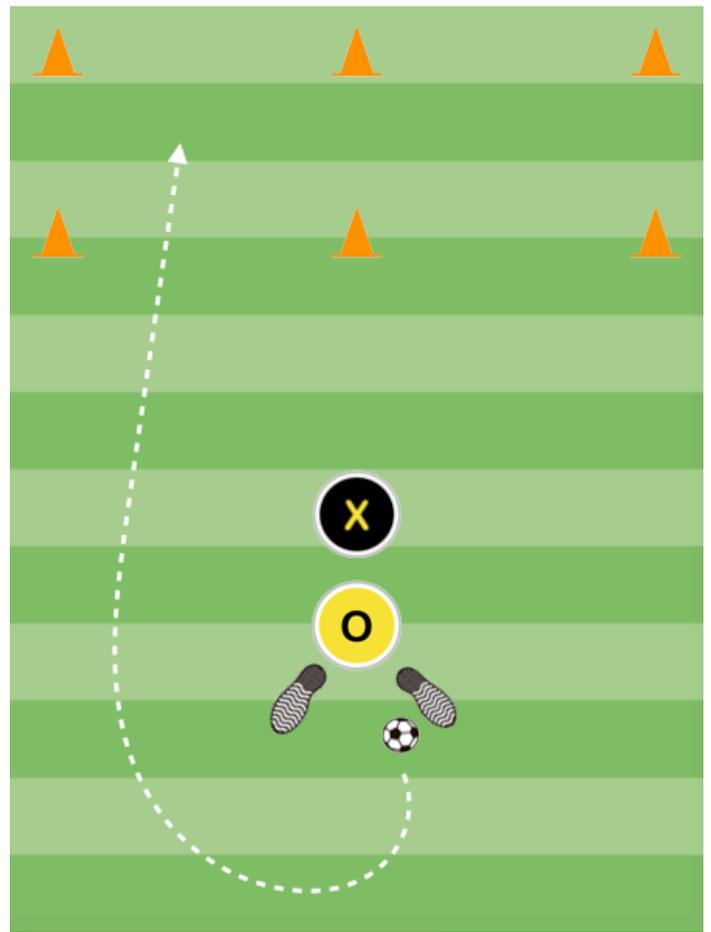
Have the attacker start in a wide position near the sideline. Let the defender adjust their position based on where the attacker is starting.

You will see that the attacker will usually dribble sideways and just try and get to the far side of the End-zone as shown in graphic A. One thing you can suggest or have your attacker try is to start out by dribbling into the space away from the defender and then turning to face the defender this will give them more options to attack. This is shown in graphic B. Dribble to the space not to the End-zone, attract the defender away from the End-zone to give more space to attack.



Have the attacker and the defender start side by side in the middle of the pitch.

The attacker will have to try and keep the ball on the far side of the defender and shield them off with their body all the way to the End-zone.



Have the attacker start in the middle of the pitch facing away from the End-zone.

Let the defender start as close as they want to the attacker in a goal side position.

The attacker will now have to try and roll around the defender or will have to create separation so they can face up to the defender and attack.

COMMON MISTAKES

Defender will sprint to close the attacker down but will not stop and establish a good defensive position and the attacker will make a move and beat them easily due to their forward momentum.

- Show the defender the correct distance to establish between themselves and the defender.
- Show the defender how to use large steps to close the space and then shorter steps when they get close and want to slow down and establish their position.

Defender will not have patience and will “Dive In” to get the ball giving the attacker the chance to easily beat them.

- Explain to the defender that their first job is to stay between the attacker and the End-zone.
- Show the defender how when we Dive In for the ball it makes it easy for the attacker to beat us when we miss the ball as we are unbalanced and can't recover.
- Show the defender how to stay between the attacker and end-zone and only go for the ball when they really think they can take it.

Defender will not establish a side on stance and will instead face the attacker making it easier for the attacker to beat them on either side.

- Show the defender how when they stand facing the attacker it gives the attacker a better chance of beating them on either side.
- Show the defender the basic Surfboard or side on stance that we want to adopt when defending.

- Show the defender how if they are facing the attacker and get beaten they now have to turn around and chase which takes more time than if they are facing side on and don't have to turn as much.

Attacker will just kick the ball and chase it and it will go through the End-zone.

- Remind the attacker that he or she needs to have control of the ball in the end-zone so the kick and chase method is not going to be the most effective in this situation.
- Have the attacker try and keep the ball as close to them as they can until they have gotten past the defender then they can take a larger touch towards/into the end-zone.

Attacker will dribble straight at the defender and then just stop making it easier for the defender.

- Show the attacker how we want to try and keep the ball moving at all times to make the defender have to guess where you are going and have to adjust to the moving ball.
- If you do stop then you will now have to think about how to beat the defender laterally first then go past them. Show how they can use a feint or a drag to change direction and try and get past the defender.

Attacker will not make their feint or move until they are really close to the defender.

- This is a common problem we see with younger players, they will dribble at the defender and will make a great move but they do not make the move early enough to give themselves time to then change direction as they are already onto of the defender.
- Show the players that if they make the move too early the defender can recover, if they make it too late there is no room to change direction and go around the defender and finally show them the correct distance which allows them to have success.

Defender will simply kick the ball away every time instead of trying to win/steal the ball.

- Remind the defender of their objective in the game which is to win the ball and get possession. If we kick the ball away or out of play the other team will get possession back in a game.