



Attacking 1v1

Tags: `individual-technical` `standalone` `1v1` `dribbling`

Kicker: Every 1v1 and dribbling reference in the season plan is written from the defender's side — jockeying, delaying, patient pressing. This session teaches the other half of that picture: how to actually beat the player in front of you.

Session Overview

FIELD	VALUE
Session theme	Attacking 1v1 — Approach, Feint and Acceleration
Short summary	Four stages building an attacker's toolkit for beating a defender in isolation: unopposed close control and change of pace, the approach and feint that commits a defender to a false direction, the explosive acceleration that punishes that commitment, and a closing live game that specifically rewards successful take-ons. The season's defensive work has always assumed someone on the other side knows how to attack a jockeying defender — this session makes sure that's true.
Total duration	50 minutes across four practices
Goalkeeper requirements	Both goalkeepers can join as defenders in the practices, or as an outlet in the closing game — not central to this session's purpose.
Area layout	A narrow channel for Practices 1-2, widening into a full 1v1-to-goal area for Practices 3-4.
Equipment	Cones marking a start channel, a supply of balls, small goals or end lines for the closing game.
Contingency — lower attendance	Practices 2-3 work in pairs regardless of numbers; the closing game in Practice 4 scales down to a smaller grid with fewer players per side rather than losing the 1v1 emphasis.

PRACTICE 1 — QUICK FEET (ARRIVAL)

Duration: 8 minutes · **Training load:** Low

Tactical purpose: Unopposed close control and change-of-pace repetition — no defender, no decision, purely the footwork and touch that every take-on in this session depends on.

Organisation: Each player has a ball and works individually through a short marked channel, with space to move freely between reps.

Walkthrough: Players dribble through the channel using a variety of touches — inside foot, outside foot, sole rolls — then, on a coach's call, explode into a sharp five-metre burst of pace before settling back into control.

Rules: The ball must stay under close control throughout — this is about touch quality, not speed for its own sake, until the explosive burst is called.

Coaching points:

- *Technical:* the ball stays within playing distance on every touch, never so far ahead that control is lost.
- *Physical:* a genuine change of pace on the explosive burst — a jog that speeds up slightly doesn't count.

No diagram, guided discovery questions, or progressions are attached to the arrival activity — it is deliberately kept simple so the session's teaching time is protected for the three main practices below.

PRACTICE 2 — SELL IT (APPROACH AND FEINT)

Duration: 14 minutes · **Training load:** Moderate

Tactical purpose: Builds the approach and feint that commits a jockeying defender to a false direction — the decisive moment in any 1v1 that happens before any acceleration or trick, and the one most players never get taught deliberately.

Organisation:

- **Pitch dimensions:** narrow channel, roughly 15 x 8 m
- **Players:** paired up, one attacker and one jockeying defender per channel
- **Goalkeeper involvement:** optional — can rotate through as a defender if attending
- **Team sizes:** 1v1 throughout
- **Neutrals:** none
- **Equipment:** cones marking the channel and a target end line
- **Starting positions:** as shown in the diagram
- **Ball supply:** reset at the start of the channel after each attempt
- **Restart:** immediate, next attempt begins as soon as the previous one resolves
- **Coach position:** side-on to the channel, able to see the attacker's body shape and the defender's reaction
- **Rotation method:** attacker and defender swap roles every 4–5 attempts
- **Direction of play:** always down the channel toward the target line

Practice walkthrough: The attacker approaches a jockeying defender at controlled pace and uses body shape, eye contact, or a genuine change of the ball's angle to sell a false direction, aiming to get the defender's weight committed one way before attacking the other. The defender jockeys patiently, exactly as trained elsewhere in the programme, giving the attacker a real, live picture to read and manipulate rather than a passive target.

Rules: The defender must jockey with genuine intent to delay, not simply stand still — this is a real contest of the feint against real defensive shape.

Coaching points:

CORNER	POINT
Technical	A believable feint — body shape and eyes selling the false direction as convincingly as the ball itself.
Tactical	Reading the defender's set position and weight distribution to find the direction most likely to commit them.
Physical	A controlled approach speed that leaves enough balance to change direction sharply once the feint has worked.
Psychological	Confidence to commit to the feint fully — a half-hearted feint convinces nobody.
Communication & leadership	None required from the attacker in isolation, but the defender's honest jockeying effort is what makes the practice valuable — both roles matter.

Tactical roles: **Attacker** — reads the defender and commits fully to a believable feint. **Defender** — jockeys with genuine, patient intent, exactly as coached elsewhere in the programme.

Decision-making triggers: a defender who is square and balanced needs a genuine feint to create an opening; a defender already off-balance or over-committed one way can sometimes be beaten with a direct, immediate change of direction instead.

Communication language used: none specific — this practice is deliberately quiet, letting the feint itself do the work.

Guided discovery questions:

1. What part of your feint actually committed the defender — your body, your eyes, or the ball?

2. What did it feel like on the attempts where the defender didn't buy the feint?
3. As the defender, what gave the feint away when it didn't work on you?

Progressions:

1. Reduce the channel width, giving the defender less space to recover if beaten.
2. Add a second defender arriving late as cover, testing whether the attacker can beat the first defender quickly enough to exploit it.

Regressions:

1. Slow the defender's jockeying intensity while the feint technique is being learned.
2. Remove the defender briefly and have the attacker rehearse the feint's body shape alone, then reintroduce opposition.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The feint is rushed and unconvincing, and the defender isn't fooled	Impatience to get to the acceleration rather than committing to the feint itself	The defender's weight never actually shifts before the attacker changes direction	Stop	Freeze-and-correct: rehearse the feint alone at walking pace, exaggerating the body shape	Resume
The attacker approaches too fast to actually change direction once the feint works	Over-committing to speed before balance is established	The attacker overruns the opening the feint created	Stop	Freeze-and-correct: reduce approach speed and rehearse the balance point	Resume

Coach interventions used in this practice: freeze-and-correct for an unconvincing feint and for an approach too fast to capitalise on it.

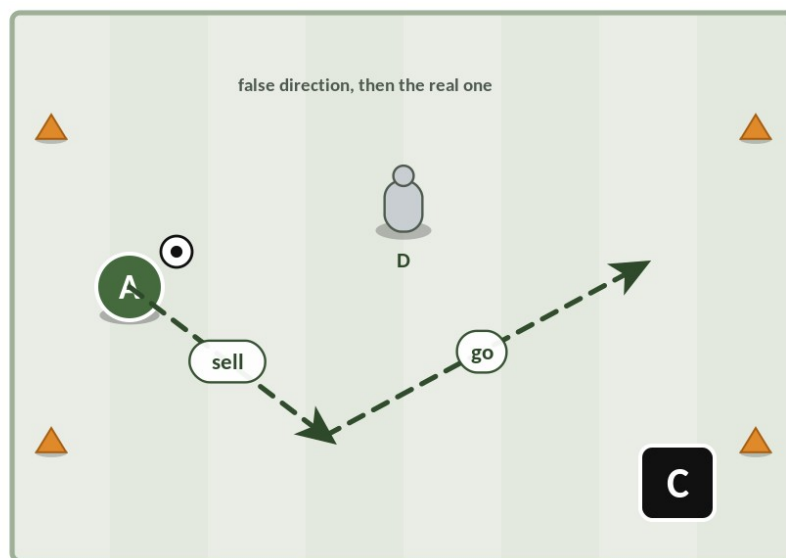
Success indicators:

- The defender's weight visibly shifts in response to the feint on most attempts.
- The attacker's change of direction is sharp and balanced once the feint has worked.
- Both attacker and defender can describe what actually happened in the exchange.

Coach's eye: the quiet version of this practice is deliberate — a feint that relies on speed or noise to work isn't actually reading the defender, and that's the skill worth protecting here.

TC2.2 SELL IT — Approach and Feint

Narrow channel • 1v1 • commit the defender to a false direction • 14 minutes



● Attacker 👤 Jockeying defender ● Ball ➡ Feint then true direction

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PRACTICE 3 — EXPLODE (ACCELERATION PAST THE DEFENDER)

Duration: 14 minutes · **Training load:** Moderate-high

Tactical purpose: Builds the explosive acceleration that actually punishes a committed defender — the second half of the picture Practice 2 set up, and the part that turns a good feint into a genuinely beaten opponent.

Organisation:

- **Pitch dimensions:** widened channel, roughly 20 x 12 m, opening toward a small target goal or end line
- **Players:** paired up, one attacker and one jockeying defender
- **Goalkeeper involvement:** optional, as a defender or a small-goal outlet
- **Team sizes:** 1v1 throughout
- **Neutrals:** none
- **Equipment:** small goals or a marked end line as the attacking target
- **Starting positions:** as shown in the diagram
- **Ball supply:** reset after each attempt
- **Restart:** immediate, next attempt begins as soon as the previous one resolves
- **Coach position:** able to see the whole channel, particularly the first two touches after the feint
- **Rotation method:** attacker and defender swap roles every 4–5 attempts
- **Direction of play:** always toward the target goal or end line

Practice walkthrough: Building directly on Practice 2's feint, the attacker now finishes the sequence — the moment the defender's weight commits, the attacker explodes away with the first touch pushed into the space created, accelerating hard for at least three or four strides before bringing the ball back under control to finish at the target. The defender recovers and chases realistically, giving the attacker a genuine reason to accelerate rather than coast.

Rules: The first touch after the feint must push the ball into open space, not keep it close — this is the touch that actually creates the separation the acceleration then protects.

Coaching points:

CORNER	POINT
Technical	A firm, purposeful first touch that pushes the ball into space rather than under the feet.
Tactical	Accelerating in a straight, direct line toward the target rather than drifting, wasting the separation just created.
Physical	Genuine top-end acceleration over the first few strides, when the advantage over a recovering defender is greatest.
Psychological	Full conviction the instant the defender commits — no hesitation between the feint working and the acceleration starting.
Communication & leadership	None required — this is an individual technical sequence, deliberately isolated from team decision-making.

Tactical roles: **Attacker** — finishes the sequence from Practice 2 with a decisive touch and acceleration. **Defender** — recovers and chases with real effort, giving the practice genuine value.

Decision-making triggers: the instant the defender's weight has committed is the trigger to accelerate — waiting even half a second longer gives the defender time to recover their balance.

Communication language used: none specific — the emphasis stays on the individual technical sequence.

Guided discovery questions:

1. How did the size and direction of your first touch affect how much separation you created?
2. What's the cost of hesitating between the feint working and starting your acceleration?

3. As the defender, what's the hardest part of recovering once you've been beaten cleanly?

Progressions:

1. Add a second recovering defender to test whether the attacker can finish the sequence before help arrives.
2. Reduce the space to the target, sharpening the finishing touch after the acceleration.

Regressions:

1. Remove the defender's recovery chase temporarily, letting the attacker groove the touch-and-accelerate sequence alone.
2. Walk through the full sequence — feint, touch, acceleration — at half pace before adding full intensity.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
The first touch after the feint is too heavy, and the attacker loses control while accelerating	Prioritising speed over the quality of the touch that enables it	The ball runs away from the attacker during the acceleration	Stop	Freeze-and-correct: isolate the touch itself before adding the sprint	Resume
The attacker hesitates after the feint works, losing the separation just created	Uncertainty about committing fully to the next phase of the sequence	A visible pause between the defender committing and the attacker accelerating	Stop	Freeze-and-correct: rehearse the feint-to-acceleration transition as one continuous action	Resume

Coach interventions used in this practice: freeze-and-correct for a heavy first touch and for hesitation after a successful feint.

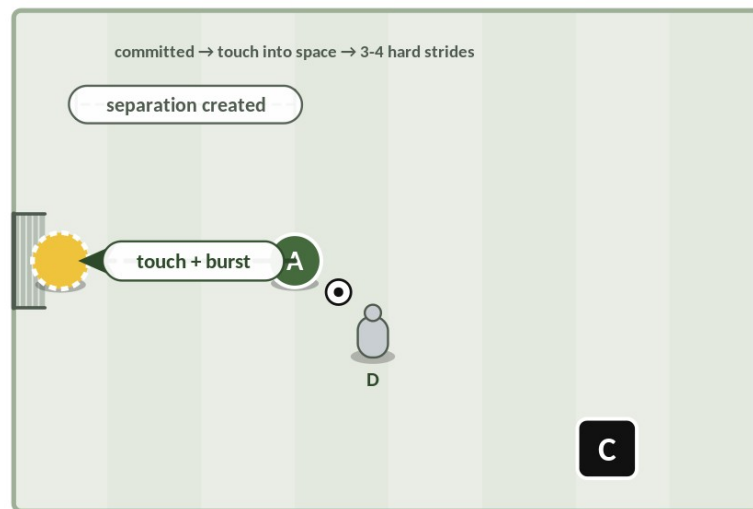
Success indicators:

- The first touch consistently pushes the ball into open space, not under the feet.
- Acceleration begins immediately once the defender is committed, with no hesitation.
- The attacker finishes the sequence with genuine separation maintained to the target.

Coach's eye: watch the gap between the feint and the acceleration closely — that half-second is where most 1v1s that should have been won are actually lost.

TC2.3 EXPLODE — Acceleration Past the Defender

Widened channel to a target goal • first touch into space, then explosive pace • 14 minutes



● Attacker ● Recovering defender ● Ball ➔ First touch + acceleration

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PRACTICE 4 — DUEL POINTS (CLOSING LIVE GAME)

Duration: 14 minutes · **Training load:** Moderate-high

Purpose: Closes the session with a live small-sided game that specifically rewards successful 1v1 take-ons, bringing the feint and acceleration from Practices 2 and 3 together under real, unscripted pressure with a genuine incentive attached.

Organisation:

- **Pitch dimensions:** 30 x 20 m
- **Players:** two teams of 5–6 with goalkeepers if attending
- **Goalkeeper involvement:** can play as an outlet or defender, not central to the session
- **Team sizes:** 5v5 or 6v6
- **Neutrals:** none
- **Equipment:** standard small-sided game markers
- **Starting positions:** open play
- **Ball supply:** a supply at the halfway line for quick restarts
- **Restart:** standard small-sided game rules
- **Coach position:** mobile, observing 1v1 situations as they arise across the game
- **Rotation method:** roles rotate naturally through open play
- **Direction of play:** both directions, standard small-sided game rules otherwise

Practice walkthrough: A small conditioned game runs normally, with any clearly won 1v1 take-on — beating a defender cleanly in an isolated duel, not simply running past a player who wasn't set — awarded a bonus point in addition to goals, directly rewarding the specific skill this session has built.

Rules: Standard small-sided game rules, plus a bonus point for any clean, clearly won 1v1 take-on as judged by the coach.

Coaching points:

CORNER	POINT
Technical	The feint and acceleration technique from Practices 2 and 3 hold up under live, unscripted conditions.
Tactical	Genuine recognition of when a 1v1 opportunity exists, rather than forcing a take-on when a simpler pass was on.
Physical	Explosive acceleration sustained across a longer, more demanding game context.
Psychological	Confidence to attempt a take-on in a live game, with a real cost attached to losing the ball.
Communication & leadership	Teammates providing support after a successful take-on, converting the individual win into a team advantage.

Tactical roles: **Attacker in possession** — recognises and attempts genuine 1v1 opportunities. **Nearby teammates** — provide support to convert a won duel into an attacking advantage. **Defenders** — jockey and contest exactly as coached throughout the rest of the programme.

Decision-making triggers: an isolated defender in a jockeying position, with support arriving to exploit success, is the trigger to attempt a take-on; a well-supported defensive picture favours a pass instead.

Communication language used: none specific — the bonus-point rule itself provides the incentive structure.

Guided discovery questions:

1. What made a 1v1 attempt worth trying tonight, versus a moment where a pass was clearly the better option?
2. What did a successful take-on do for your team's shape in the seconds afterward?
3. What's the risk of forcing a take-on purely to chase the bonus point?

Progressions:

1. Increase the bonus point value to sharpen the incentive further.
2. Add a rule that a won take-on inside the final third is worth double, encouraging attempts where they matter most.

Regressions:

1. Reduce the game to a smaller grid or fewer players if 1v1 opportunities aren't arising naturally.
2. Remove the bonus point temporarily and rely on coach feedback alone if the incentive is distorting decision-making.

Common problems and corrections:

PROBLEM	WHY IT HAPPENS	COACH RECOGNISES BY	STOP OR FLOW?	INTERVENTION	RESTART
Players force a 1v1 attempt in situations where a simple pass was clearly better	The bonus point outweighing sound decision-making	Take-ons attempted against well-supported defenders, losing possession in dangerous areas	Let it flow, then a natural stoppage	Question: "was there a simpler option there?"	Resume
A successful take-on isn't supported by teammates, wasting the advantage created	Teammates not yet reading the moment a duel is won	The attacker who won the duel has no passing options and the advantage is lost	Let it flow, then a natural stoppage	A direct reminder to nearby players to anticipate and support a teammate in a live duel	Resume

Coach interventions used in this practice: reflective questioning for forced take-ons; a direct reminder for unsupported successful duels.

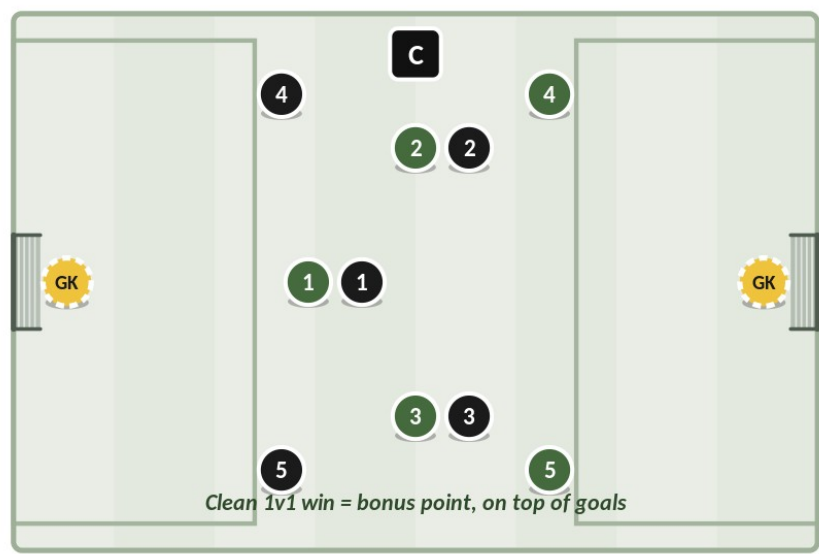
Success indicators:

- Take-ons are attempted in situations that genuinely favour them, not purely to chase the bonus.
- The feint-and-acceleration technique from tonight is visible under live conditions.
- Teammates consistently support a won duel rather than leaving the attacker isolated.

Coach's eye: the real measure of tonight isn't how many take-ons succeed — it's whether players now recognise the moments worth attempting one in the first place.

TC2.4 DUEL POINTS — Closing Live Game

30 x 20 m • 5v5 or 6v6 • every clean 1v1 take-on wins a bonus point • 14 minutes



● Team A ● Team B ● Ball

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