



The 1v1 Attacker — Approach, Feint, Accelerate

Session 5 • One against one • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Shadow Grid

0:10 – 0:25 • 15 MIN

The 1v1 Arena

0:25 – 0:40 • 15 MIN

Beat Someone First

0:40 – 0:55 • 15 MIN

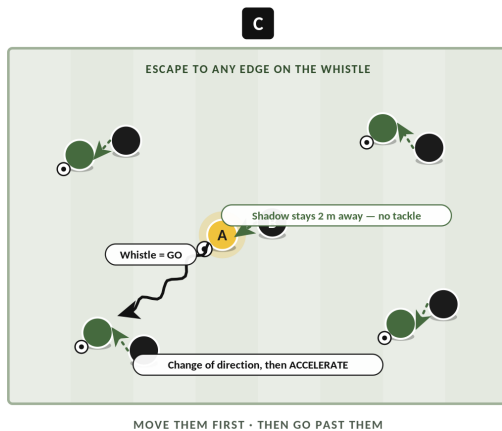
Duel Bonus Match

0:55 – 1:00 • 5 MIN

Player-led review

5.1 THE SHADOW GRID

Warm-up • 10 min



SET UP

- 28 × 20 m grid marked with flat markers.
- Pairs — one ball between two. One player carries, the other shadows.
- The shadow is not allowed to tackle. They mirror ...

RULES

- No tackling at any point. The shadow blocks the route; they never win the ball.
- The shadow must stay within roughly 2 m — too far and the carrier learns nothing; too close and it ...

COACH IT

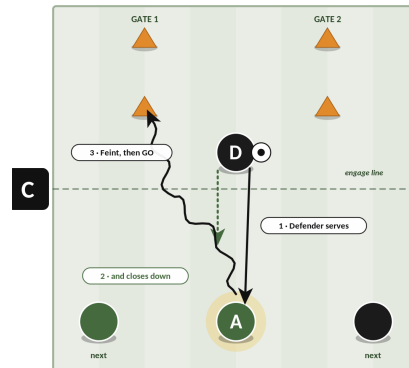
- Technical: Ball on the front foot so it can go either way. Body low, knees bent, weight on the balls of the feet. The feint is made with the ...

SAY

- Ask the shadow, not the carrier: Did he trick you, or did he just outrun you? What would have been ...

5.2 THE 1v1 ARENA

Technical practice • 15 min



ROTATION: attacker → defender → defender → back of the attacking line

SET UP

- Three or four arenas, each 16 × 14 m, side by side with 4 m between them.
- Per arena: two 3 m escape gates on the far line, 8 m apart; a dashed engage line across the middle ...

RULES

- The ball must be carried through a gate, not passed through it.
- 1 point for beating the defender through a gate. 2 points if the attacker used a recognisable move to ...

COACH IT

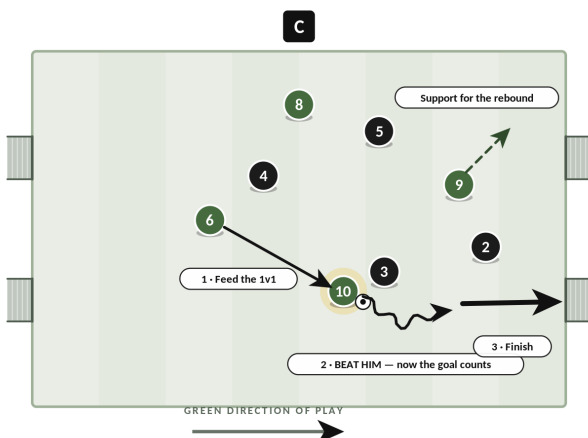
- Technical: Approach: attack at speed but with the ball out of the feet by no more than a stride, so a change of direction is available. The move: ...

SAY

- You were quick. Was he ever off balance? What would make him move first?

5.3 BEAT SOMEONE FIRST (4 v 4)

Skill game • 15 min



SET UP

- Two pitches, each 30 × 20 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, positioned 6 m and 14 m from one corner. Two goals per end means ...

RULES

- A goal only counts if a player has beaten an opponent with a dribble during that possession. The players call it themselves; do not referee it.
- Goal after a beat = 1 point. Goal scored BY the ...

COACH IT

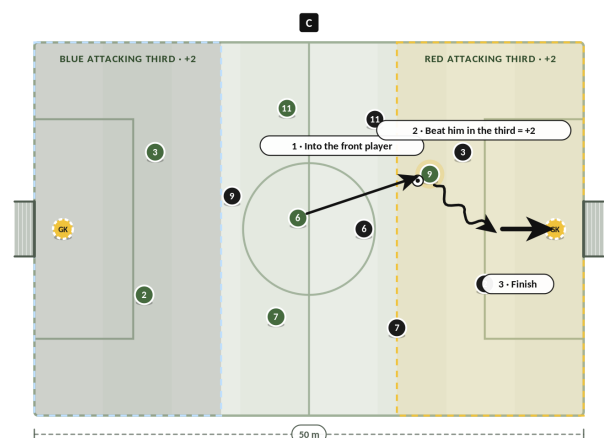
- Technical: Ball out of the feet when running into space, within a stride when engaging. Change of pace immediately after the change of direction ...

SAY

- Ask between games: Whose job is it to beat someone? What would happen if it was everyone's?

5.4 DUEL BONUS MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. Both attacking thirds marked with flat markers at 17 m and 33 m.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- Goal = 3 points. Beat an opponent = +1. Beat an opponent inside their attacking third = +2.
- A 'beat' means the ball and the player go past the opponent together and the attacker keeps ...

COACH IT

- Technical: Approach speed, feint, acceleration — the same three-part sequence, now with tired legs and real consequences. Head up before the final ...

SAY

- Where's the bonus worth two? What would you have to do to get there?