



1v1 from any start

TECHNICAL & TACTICAL · 1V1 ATTACKING ·
3 PLAYERS (YOU, A SERVER AND A DEFENDER), PLUS A KEEPER IF YOU HAVE ONE ·
AGE 17+



Set up

👤 A server

👤 A defender

⚽ A ball

🏟️ Goal, 25 x 15 m area

Dose

🔄 4 rounds of 4 goes

🕒 90 s rest between rounds

4 rounds of 4 goes with 90 s rest between rounds, rotating roles every 4 goes (the Football Reach target, not an FA rule).

What it trains

Beat a defender 1v1 from the three starts a match gives you: facing them, side-on, or with your back to goal. Read your start before the ball arrives, pick the first touch that fits it, then change speed to get past and score.

How it works

- 1 Warm up first. Mark an area 25 m wide and 15 m long with 4 cones, with a goal (or 2 more cones 4 m apart) in the middle of one end. Use a size 5 ball.
- 2 The server stands on the far line with the balls. You start about 8 m out from the goal and 5 m from the server.
- 3 Before each pass the server calls the start: facing (the defender in front of you, goal side), side-on (the defender beside you) or back to goal (the defender close behind you).
- 4 Facing: touch it forward and attack them. Side-on: touch it away from them and race them. Back to goal: touch it round you, away from them, and spin. Then change speed, get past and shoot along the ground.
- 5 The defender tries to win the ball, always on their feet. Rotate roles (server, attacker, defender) every 4 goes.

Coaching points

- 1 **Pick your touch early**
Before it arrives, check where the defender is and how you are standing, then pick the touch that fits: forward when facing them, away from them when side-on, round you on the side away from them (and spin) with your back to goal. FIFA: first touch into space, away from the pressure.
- 2 **Change speed to get past**
Once the touch has bought you space, change speed: keep the ball close, then burst past before they can recover and finish early. England Football: recognise when and where to change speed to get away from an opponent.

✖ **Not this:** A first touch towards the defender: turning back into them with your back to goal, or taking the same touch whatever your start. It gives them the ball, or the time to close you down.

➡ HARDER

The defender starts closer, and you must score within 5 seconds of the pass.

↩ EASIER

Only the facing start, until the first touch and the change of speed feel natural.

🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Defenders stay on their feet: no slide tackles and no tackling through the back of the player. Keep the ball on the ground. A keeper stays on their feet too: no diving at feet.
- Only use a goal that is anchored to the ground or has a weighted back bar, and never climb or swing on it.
- Full warm-up first. Flat grass with space all round, never a road or driveway. Stop if anything hurts.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



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