



## **RTD Exercise of the Week 31 May 2010**

### **1v1v1 Game**

I believe that at almost any age and at almost level our young soccer players want to play games. They want to enjoy their soccer and they gain that enjoyment through being active, competitive, having fun and having the opportunity to get better. The best way to do this is through games. Avoid drills. Teach the game. Let the game teach the kids. And let technique and skill develop within the context of the game. Insist on quality using the 'freeze' method to coach and teach.

I'm always on the look out for 'conditioned' games. Here is a Small Sided Game which I discovered recently.

"...Start with a 20 yard equilateral triangle made up of flags (or cones). Each flag/ pair of cones is a goal. There is a player assigned to each flag and that is the goal they are defending.

The game starts and each player can score on either of the other two goals. A goal is scored by passing the ball so that it hits either of the goals.

There are no boundaries to this game so if a ball is played and it goes out of the goal area, whoever gets to the ball first has possession.

When a goal is scored the player scored against gets the ball and the other two must sprint to the goals they are defending, touch the goals and then they can come defend again.

The attacking player gets a point for scoring a goal and the player the goal was scored against loses a point. It is very possible for a player to end up with negative numbers.

Play for a predetermined period of time (2-3 minutes) or the first player to a predetermined score (3 points).

While this is a very enjoyable game for players, it's also a great game for coaches to observe their players tendencies. For example, the player who is always looking to attack and ends up with 0 points might be a forward (they scored 2 goals but also gave up 2 goals) while the player who ends up with 0 points by scoring 0 goals and giving up 0 goals might be more of a back. The defensive center midfielder might be the player who looks to win the ball and then quickly counter attack while the attacking center midfielder is more likely to be the one who possesses the ball more and looks to create more opportunities.

Watching players tendencies in this game is a good indicator (although certainly not the only indicator) for knowing where certain players will be most comfortable on the field..."

I've tried this game. It works! It's busy. It's competitive. It's challenging. It's very tiring. It's fun. And, it's a great opportunity for a coach to teach the **OSA's 'KEY FACTORS' of Dribbling...**

- 1) See the ball**
- 2) See the defender**
- 3) Change of speed**
- 4) Change of direction**
- 5) Attack the defender**

Defending can also be coached using this game.... 1v1, of course, but also 1 attacker v 2 defenders. Be careful to avoid coaching both dribbling and defending in the same session.

If any of you try this game I'd be happy for any feedback.

**Gerald Steele**