

TOOLS, TIPS AND TECHNIQUES

The skills corridor

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Wicked 1v1s for your players

I like to give my teams a skills workout every few weeks in order to stay fresh, and individual skills are at the heart of this.

In Euro 2012, we've seen some fantastic, match-defining 1v1 situations, and these are best practised by using what I call the 'skills corridor'.

How to play it

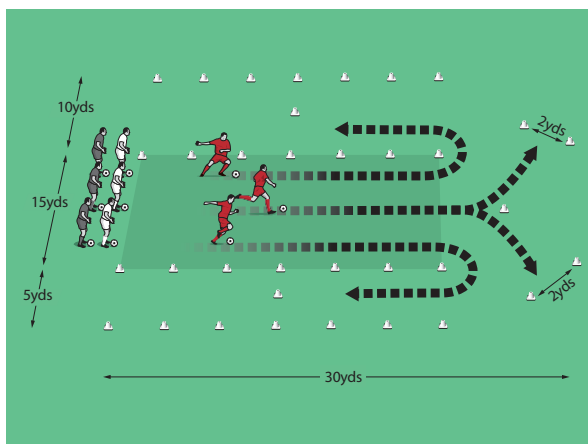
- Set up as shown, creating three channels 15 yards long – 10 yards wide at the top, 30 yards wide in the middle and five yards wide at the bottom.
- At the far end of the middle channel, place a small goal (two yards wide) on each side at an angle, plus additional cones to act as obstacles.
- Split your players into teams of three.
- The first trio of players move off. The central player must find a way around the central cone to shoot at goal.
- The other two players go around to the left and right. The player going to the left has a wide area to go 1v1 with the cone so he can push the ball past and run on. The player who goes right has a much tighter area to negotiate, so against his cone must use quick feet and a skill that means the ball stays close to him and protected.
- The teams get a point each time they get past a defender or run the ball through one of the goals at the far end.
- For the next run-through, tell the players they must touch each side of the channel at least twice in their approach.
- And this time give the three players a skill you want them to use to beat the defender: step-over, feint, drag-push, knock the ball past the defender and run around to get it, or something else.

Developing the session

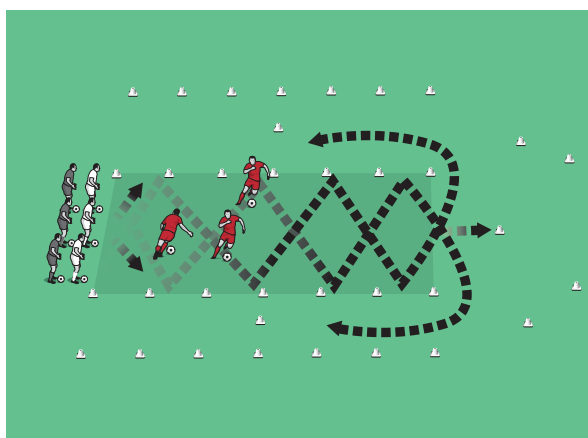
- Replace the cones with defenders. Now dribbling players must put the skills and techniques already practised into pressurised 1v1 situations.
- You can also add players along the sides who pass balls across the corridor that the dribblers have to avoid.

Technique and tactics

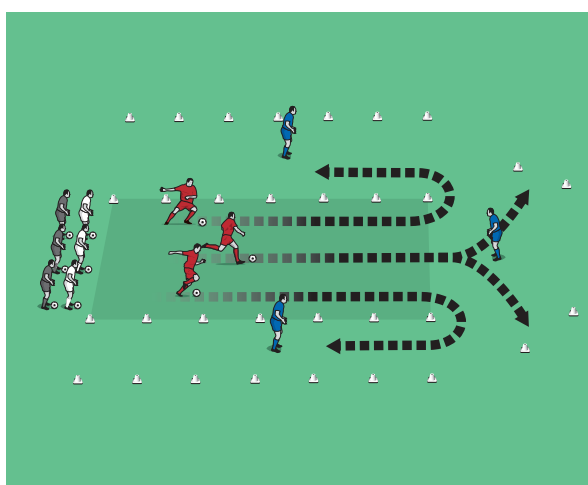
- This session is great for match realism and the coaching of dribbling and 1v1 skills. Players can use a number of ways to get past the guarding defenders, so decision-making is key to the success of the session.
- You are coaching a number of things in the zone so watch all three players and praise any good attempts to use a skill.
- Defenders must stay on their feet and let the dribbling player do the work.



On your call, three players move through the central channel, each with a different task



Once familiar, players must then zigzag through the channel



To develop the session, replace cones with defenders

run with ball →