

High noon

1v1 competition is a huge part of soccer because players capable of dominating 1v1 duels against their opponent are able to make the difference between winning games – this is how to win the “High noon” shoot out.



What you tell your players the session is about

1. Attacking in 1v1 situations.
2. Defending in 1v1 situations.
3. Improving competitive “winning” mentality of players.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls	Players work on attacking and defending techniques, from <i>The Ultimate Football Warm-Ups manual</i> , exercise 45
The session	Two goals, balls, bibs cones	Players are reacting quickly to attack or defend in a 1v1 situation
Development	Two goals, balls, bibs cones	Players continually attack and defend 1v1
Game	Two goals, balls, bibs, cones	Players are man marked and try to win their personal 1v1 duel in order to help the team win the game
Warm down	n/a	Gentle jogging and stretching exercises



Where it fits

Individual skills: Dribbling, shooting, use of body to shield the ball, defending, reaction speed

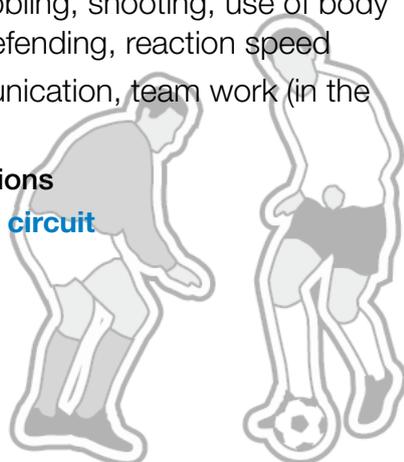
Team skills: Communication, team work (in the final game)

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What to think about

- In a match, your players face a direct 1v1 competition all of the time. For example, centre forward against centre back, centre midfielder against opposing centre midfielder. The key to doing well is how many of these 1v1 “High noon” duels you can win.
- In any group of players, regardless of age and ability, there are a number of different types of player such as small, tall, quick, slow, skilful etc. So when practising 1v1s, your players will have experience of playing against many all types of player.
- 1v1 practices enable the coaches to see the players who have a good winning mentality and the players who need to improve on this area as they are too easily beaten.





Set-up

Use a pitch 30 yards long by 20 yards wide for all practices.



What you get your players to do

Split the squad into two groups. Line them up on either side of the pitch. One player from each team passes the ball to each other continuously using one touch.

On your whistle, the player in possession quickly attacks one of the goals using disguise to lose the other player (who is now the defender). If the defender is able to tackle the attacker then they are able to score in either of the goals too.

Then the next two players enter the field for their high noon battle.



What to call out

- “React and try to score”
- “React and defend”
- “Be a winner!”



Development

Split the pitch into two halves with one team lining up next to their goalkeeper’s post and putting one player in the defensive half. The other team lines up at the opposite end but have another player on the half way line.

You start by passing to the second team’s player on the half way line. He takes on the defender in a 1v1 with the intention of scoring a goal.

After this attack, the striker rejoins his team’s queue and the defender runs to the half way line to receive a ball from you and attack the opposition defender.

This pattern continues with defenders joining play, then attacking and leaving. Keep count of the goals scored – the team with most goals wins.

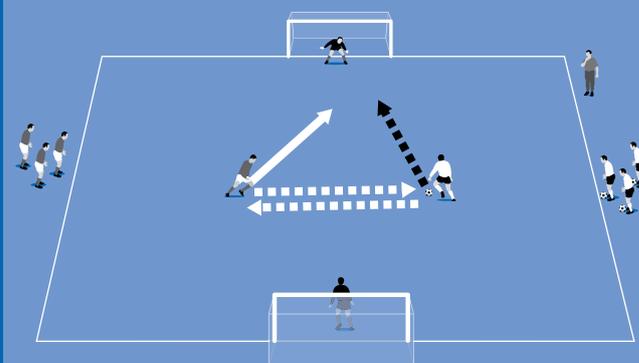


Game situation

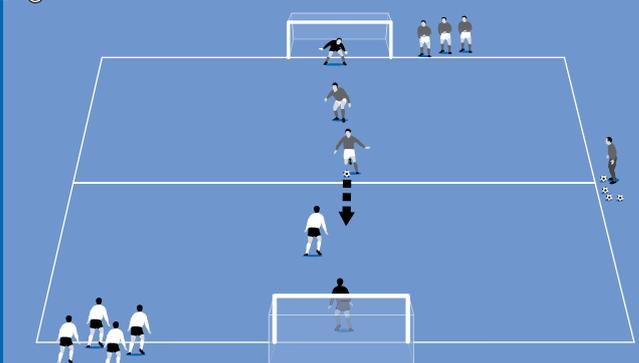
In a small-sided game, players in each team man mark a player on the opposing team. They are only allowed to tackle that opponent. This game increases the importance of winning your high noon 1v1 duels as a weak link in the team could lead to the opponents scoring goals. After three minutes, players change the opponent they are man marking. The team which scores most goals wins.

High noon

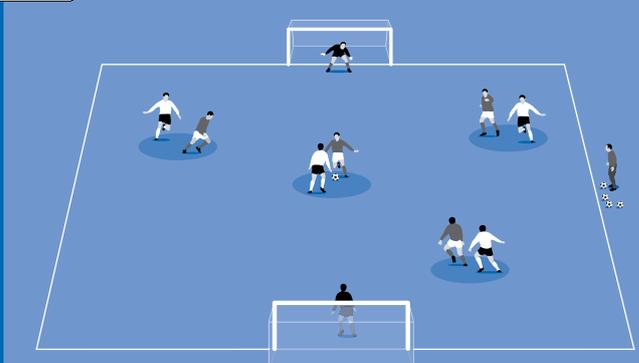
player movement \Rightarrow pass $\square\square\square\Rightarrow$
 run with ball \dashrightarrow



In a high noon 1v1, players must react to your whistle and quickly attack or defend the goals.



This game works continuously with no breaks. Individuals from each team take turns to attack in a 1v1 situation.



Each player must man mark an opponent. The rule of the game is “you can only tackle the player you are man marking”.