



# “COMPETITIVE 1v1 ACTIVITIES”

Presented by Coerver Colorado

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“The team that wins the majority of the individual duels in a game will win the majority of the games.”

Developing and empowering “2 Way Players” who always possess the “individual option”.

Key: I - individual duels; T- team game; C- comfort with the ball; Y - great for younger players; D - more difficult; F - games they'll want to play forever;  
P - progressive, can be taken from 1v1 to 2's and 3's

## 1. 3v1 / 3v2 IN A BOX (C)

5 Touch rule

1<sup>st</sup> touch *“away from defensive pressure”*

Challenge: size of grid (*“If it's not working ...”*)

Defenders win: ball out, too few touches, ball killed dead, “squash” ball

## 2. MANY GOALS GAME (I, Y, P)

Quickness, deception, poise vision

## 3. SHARK TANK: FEEDING FRENZY (C, Y)

Shielding under pressure

## 4. SHARK TANK: JAWS (C, Y)

Shielding under more pressure

Key rule: *“Once the shark goes after a player ...”*

## 5. 1v1 LADDER (Cone Soccer) (I, Y)

Keep score out loud

Challenge: length of duel

Challenge: size of goal

How many duels?

## 6. MOVE OF THE WEEK (Y)

Extra value

Symbolic reward when used in games

## 7. QUICK STRIKE (T,Y)

Attacking with sense of urgency

Challenge: *“Pink Cone Rule”*

## 8. CHARLIE'S GAME (T) – Charlie Cooke

Attacking with sense of urgency

Challenge: Time Limit

## 9. SEE YOU LATER (T, Y, F, P)

Regular goals

Backwards goals

Backwards goals, score on either (turns, stop & go moves)

Scorekeeping: Everyone must know the score

Challenge: *“Minus One”* point when an Open Goal is Missed

*“If I have an open goal...”*

**10. TOP GUN (COERVER) (Y, P)**

1v1 in the open field  
Individual defending  
Challenge: time limit

**11. 1v1 CONTINUOUS (T, Y, F, P)**

Transition  
Idea: "2 Minute Rule"  
Developing a "Sense of Urgency"

**12. CHAOTIC CONTINUOUS (T, Y, F, P) – Roby Stahl**

**13. B2P (Back to Pressure) CONTINUOUS (T, D, P)**

Ball crosses line at one end, serve from the other  
"Check at an angle", "Look" before receiving  
(Also for Back to Pressure training: "Bogies in the Sky" – Anson Dorrance)

**14. ALF'S GAME (T,I, D) – Alf Gulatsian**

Counterattacking

**15. 1v1 TO GOAL (I)**

1v1 in the open field  
Individual defending

**16. THE ALLEY (T, D, P)**

Long narrow space  
Duel lasts until score or three balls played out

**17. FOUR GOAL GAME (I, D) – Colin Schmidt**

Quickness, deception, poise  
Round robin will sort out a team

**18. ALONG THE LINE (I)**

Turns, stop-and-go moves  
Attackers square to dividing line

**19. TOP GUN (CAROLINA) (I, D) – Anson Dorrance**

All about intensity  
Attackers must go to goal, not just hold the ball  
Defenders must try to win the ball, not just protect the goal  
1v1 is a fitness activity

**20. COMBAT (C, *not* Y) – April Heinrichs**

Shielding under "outside the rules" pressure  
Push, pull, push & pull, by the rules  
Important: this is to learn about dealing with cheats, not how to become one

**21. SQUARES OF TRUTH (the Gauntlet) (D+)**

Greatest urgency

**22. 4 GOALS GAME (T, Y, F, P)**

Artistry first ("Outrageous Soccer")