

CONNECTION BEFORE CONTENT

AREA: 30m x 25m CONES: 10x colour, 10x colour BALLS: 1 x players BIBS: ½ number of players

CORE SKILL: 1v1

ASPECT: Creating space and beating a player in front of you

PHYSICAL LITERACY: PSYCHOLOGICAL – CONFIDENCE

ARRIVAL ACTIVITY – FIFA 11 Kids

PURPOSE – Get the players ‘doing’ as soon as they arrive.

PRACTICE TIME – 5 mins

EXERCISE:

To develop your players’ physical literacy, select Exercise 1 – Jog/sprint & look at the coach to stop | **Activity–** [Click here](#)

CHALLENGES:

When coach holds hand up, players must change direction and do a 5m sprint in that direction.

Make a competition out of it and reward players with bonus points for explosiveness

SKILL INTRO – GET OUT OF THE BOX

PURPOSE – Introduction of the core skill and warm up

PRACTICE TIME – 15 mins

SET-UP:

Define 30m x 20m area.

Mark out a 10m x 10m box in the middle.

Place 1 – 2 goals on each end line.

8 players – split into two groups of 4 players

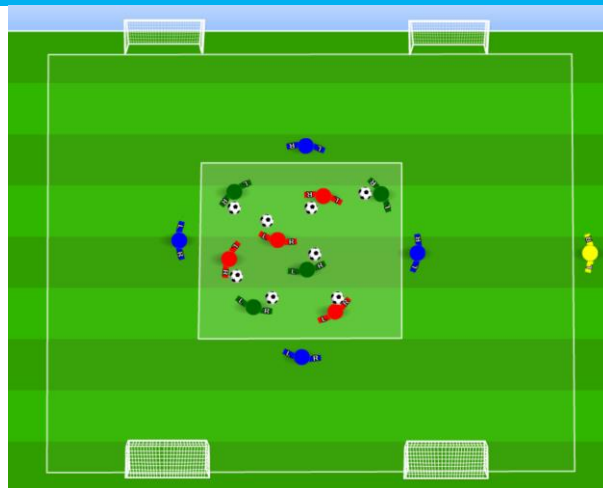
12 players – split into three groups of 4 players

EXERCISE:

1. Place one group (Blue) on the outside of the defined box, and two groups inside the box with a ball each (Red & Green).
2. Players in the middle must dribble inside the box and perform ball mastery and 1v1 skills to avoid other players and can also play a bounce pass to the outside players.
3. When the coach says “score”, the inside players must quickly exit the box and attempt to score in one of the goals.
4. The outside players (blue) can actively defend and stop them from scoring.
5. First player to score receives 3 points, all other players who score receive 1 point. If a defender wins the ball, they receive 2 points.

PROGRESSION:

6. Rotate players
7. Challenge players with ball mastery skills to perform inside the box.
8. Make the box smaller to restrict the space and force players to keep tight ball control.



COACH TIPS:

To keep the intensity and engagement high, call out “score” every 30 – 45 seconds.

Rotate players every 90 – 120 seconds.

Maintain competition element throughout practice.

COACHING POINTS:

Physical - Encourage players to exit the box quickly and score.

Psychological - Motivate players to be confident to perform 1v1 skills when in a 1v1 duel.

Psychological - Reward players with bonus points if they beat a defender and score after using a 1v1 skill.

To view 1v1 Skills - [Click here](#)

1v1 TECHNICAL POINTS:

1v1 Attacking

Scan for space/defenders/goal.

Attack the defender at speed.

Use a skill to *deceive* defender and get them **OFF BALANCE**.

When the defender is off balance, **ACCELERATE** away!

Chest / head up when dribbling to see space/defender/goal.

Change of DIRECTION and PACE!

1v1 Defending – The Four Ds

Delay – the speed of attack (jockey).

Deny - the attacker time, space and positioning close to goal.

Direct - the attacker away from goal.

Defend – dispossess (tackle) the defender.

SKILL TRAINING – 1v1s TO CREATE SPACE

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

SET-UP:

Using the same defined area, mark out a possession zone & scoring zone.

Possession zone must be a tight area to limit space and force 1v1s.

Split players into two teams.

8 players – Green = 5 players, Red = 3 players

12 players – Green = 7 players, Red = 5 players

In the possession zone, create a small overload by having 5 Green attackers vs 3 Reds defenders.

In the scoring zone, there are 2 Green attackers and 2 Red defenders on the outside.

EXERCISE:

1. In the possession zone, the 5 green players must complete at least 3 passes before passing the ball into the 2v2 zone.

2. When the ball is played into the scoring zone, the Red defenders can step in to make it a 2v2.

3. Green attackers aim to score quickly once in the scoring zone.

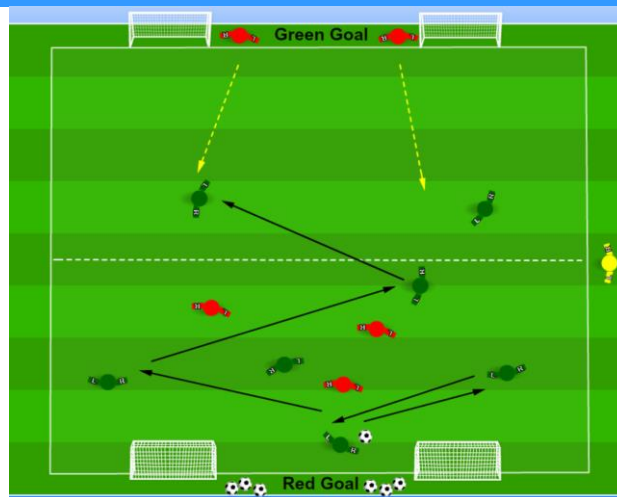
4. If the red team win the ball in either zone, they have 10 seconds to goal in their end goal(s) with no restrictions.

5. Award 2 points to Green attackers when they score, and 3 points to Red defenders if they score.

PROGRESSIONS:

6. Rotate attackers and defenders every 3 minutes.

7. Red defenders can start inside the 2v2 zone.



PROGRESSIONS CONT:

8. When the ball progresses to the 2v2 zone players are free to move into either area until the next restart in play.

9. When Reds score, they switch with greens.

COACHING POINTS:

Psychological – Encourage players to use 1v1 skills to create space to find the free player.

Psychological – Reward players with bonus points for effectively using 1v1 skills to create space / beat a defender.

Create space for the player on the ball through providing width & depth. Support the player on the ball with options – Left, Middle, Right.

Coach individuals based on 1v1 Technical Points and your observations

SKILL GAME – CONDITIONED MATCH

PURPOSE – Small Sided Games with a focus on the core skill

PRACTICE TIME - 25 mins

SET UP:

Split players into two teams. If there is an uneven number use a joker.

EXERCISE:

1. Give each player a partner on the opposite team.

2. You can only tackle your partner (man on man marking).

3. Swap partners every 2 – 3 minutes.

3. Play this for 5 – 10minutes.

4. Free play for the remaining 10 – 15 minutes of the match (no restrictions)

Optional Scenario: One team starts 3 – 0 up, see how both sets of players react.

Play for 5 mins then start the other team 4 – 1 up and play for 5 mins.

COACH OBSERVATION:

Are players confident in 1v1 scenarios?

Are they effective in using 1v1 skills to create space/beat a player in front of them?



END OF SESSION WRAP UP– Conduct a Q & A with your players to test their learning!

What they enjoyed the most?

Tell the team and individuals what they did well

What they have learnt from the session?

COACH REFLECTION

What did the players enjoy?

What would you do differently next time?

What worked/did not work?

Can you **C . H . A . N . G . E . I . T**