

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: 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 INTRODUCTION – SHARK ATTACK

PURPOSE – Introduction of the core skill and warm up

PRACTICE TIME – 15 mins

SET-UP:

30m x 20m area

Set up ONE goal on each end.

Each player with a ball.

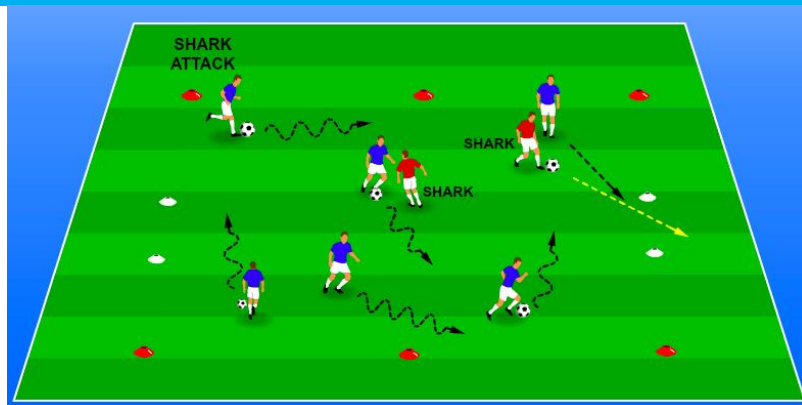
EXERCISE:

1. Select three players to be **SHARKS**.
2. All other players must dribble inside the area.
3. When the coach calls '**Shark attack**', the sharks must enter the **OCEAN** (ie. Field) and attempt to tackle the ball off the **FISH** (other players).
3. If the shark wins the ball, they must attempt to score in the goals to earn 3 points.
4. The Fish can try to win their ball back.
5. If shark scores, they get 3 points and the Fish must perform 10 sole touches/toe taps and continue playing.
6. Play for 60 – 90 seconds rounds
7. Ask the sharks how many goals they scored. Ask the FISH if anyone survived!
8. Select new Sharks and repeat until everyone has gets a turn.

PROGRESSION:

9. Too easy – Increase the number of sharks!
10. Special power – If a FISH completes a 1v1 skill they have 3 seconds safe, without being tackled.

Challenge players with various 1v1 Skills - [Click here to view videos](#)



COACH TIPS:

Maintain competition element throughout practice.

Provide feedback to individual players 'on the run'.

Question players in between rounds

How do we know where the shark is?

What do we do if a shark is coming towards us?

Should we take big or little touches?

COACHING POINTS:

Small touches on the ball, keep close ball control.

Use body to shield ball from shark.

Psychological - Motivate players to be confident to perform 1v1 skills when in a 1v1 duel. Reward players with bonus points if they beat a defender and using a 1v1 skill.

See Technical Coaching Points below

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 – 1v1 Face to Face

PURPOSE – Repetition of game like scenario

PRACTICE TIME – 15 mins

SET-UP:

8 players = 1 set up (bottom diagram)

12 players = 2 set ups (both diagrams)

Create four gates/goals in the corner of each set up.

Split players into even teams

Number each player on each team (i.e. 1-3).

Have players stand next to the corner cone.

EXERCISE:

1. The coach will call out a number; “Number 1” or ‘GO’.

At this call, #1 from each team will run in between the gates/goal and enter the field of play.

2. As the players enter the field, the coach will pass a ball to one player.

If you have two set ups, allow the one team to pass to the other to start the exercise.

3. Players must now use 1v1 skills to get past each other to score a goal.

4. Players have 7 seconds to score, restart with new players once a goal is scored, the ball goes out, or the time limit is reached.

5. Player collect the ball if they kick it away.

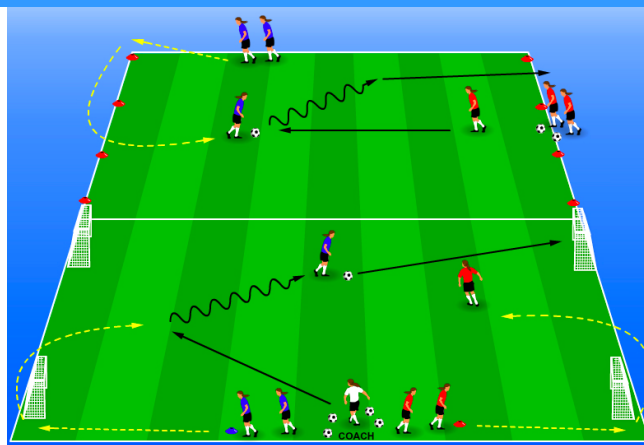
PROGRESSIONS:

6. Swap one teams number, to vs different players

7. Shot goal = 1 point, dribbling into a goal = 5 points

8. Call two or more numbers at a time, 2v2, 3v3

9. Introduce scoring zone if players are just kicking it



COACH TIPS - Manage the group

Have quick restarts in play. A player should get a go every 45 seconds. Using the number system and calling out numbers at random will mean players have to pay attention.

Have TWO 1v1s going on at the same time to increase inclusion and challenge players perception.

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 beat a defender – 3 points for skill & goal!

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 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 – 10 minutes.

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?