

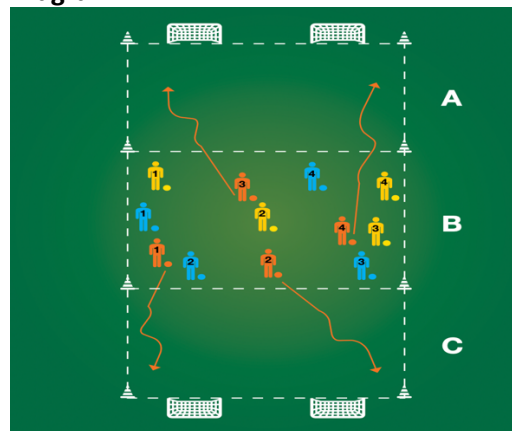
## Session 11 – 1v1

### Skill Introduction – 15 Minutes

#### Organisation/ Explanation

- Playing Area: Grid A & C 20m x 10m, Grid B 20m x 15m.
- Session starts with all players all in grid B.
- Encourage players to be creative on the ball, use change of direction move and feints and accelerate into Grid A or C after performing a skill move.
- Progression: Number players 1-4, on the coaches call of a specific number, players perform a feint and attack either grid A or C and shoot towards a goal.
- Variation: choose one team to be a defending team in Grid B, other two teams start in Grid A or C and take the defending team on in a 1v1 to score in opposite grid.

#### Diagram

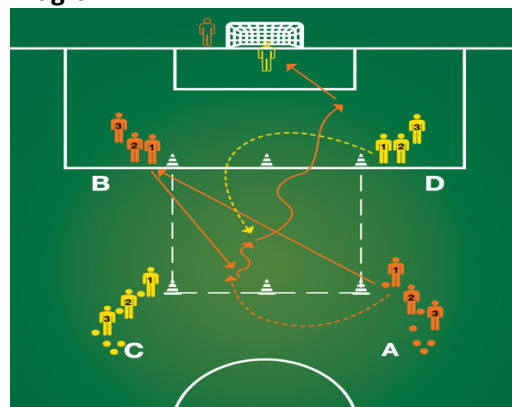


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- Session set up as illustrated.
- Exercise starts with Orange 1 on cone A passing the ball into Orange 1 on cone B and receiving the pass back as seen in the diagram. As Orange 1 from cone A makes their run into the playing area, Yellow 1 from cone D enters the playing area to defend creating a 1v1. Orange player looks to beat defender and score.
- Process is then repeated on other side.
- Rotate players every 3-4 minutes.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- Playing Area: 40m x 30m with 'shooting' zones 5m – 7m at each end of the field.
- Session set up as illustrated.
- Session starts with Orange team keeping possession from one yellow defender in a 4v1.
- Orange team tries to get one player across the central line in possession to attempt to get into the 'scoring zone'.
- As the Orange player crosses the central line, one yellow player enters the field of play to defend creating a 1v1.
- If yellow win possession, all players enter the area creating a 4v1 against Orange and the game continues.

#### Diagram

