

Session 12 – 1v1

Skill Introduction – 15 Minutes

Organisation/ Explanation

- Playing Area: 40m x 40m with triangle grids of 5m x 5m.
- Session set up as illustrated.
- Number of triangle grids is equal to the amount of players per group.
- Yellow defending team are allocated a triangle grid each to defend.
- Orange players in possession dribble around the playing area and attempt to score by dribbling through any of the triangle grids.
- Rotate defenders and attackers every 2-3 minutes.

Diagram

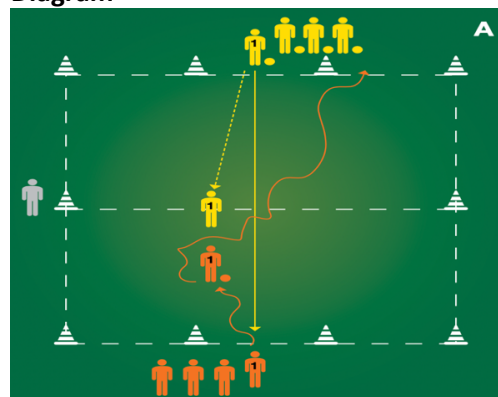


Skill Training – 25 Minutes

Organisation/ Explanation

- Playing Area: 15m x 15m with three gates of 5m on each end line.
- Session set up as illustrated.
- Session starts with Yellow defending player passing the ball into the Orange player and then running to defend in opponent's half or on halfway line.
- Orange player attempts to beat the defender in a 1v1 and dribble the ball through one of the gates on the end line.
- Once everyone has had a turn, defenders become attackers and attackers become defenders.

Diagram



Skill Game – 20 Minutes

Organisation/ Explanation

- 4v4 game.
- Playing Area: 35m x 35m with four gates of 5m – 7m.
- Session set up as illustrated.
- Team in possession scores a goal when the player can beat a defender in a 1v1 and dribble the ball through one of the gates.
- If defending team win the ball game continues and they attempt to score.
- **Step Up:** Decrease the size of the gates and or limit amount of time team in possession has to score.
- **Step Down:** Increase the size of the gate and or introduce a joker to create and overload.

Diagram

