

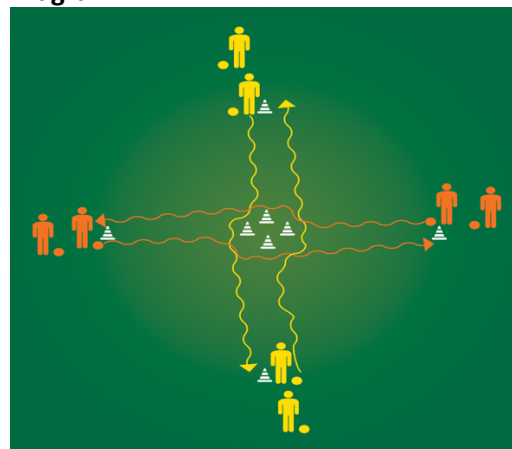
## Session 10 – 1v1

### Skill Introduction – 15 Minutes

#### Organisation/ Explanation

- Field set up as illustrated. Cones 12-15m apart.
- To start the session two players from opposite sides dribble with the ball to a central cones and perform feint and or change of direction ball master move and continue to the other side.
- Get players to alternate between going around the central cones on the right and left side.
- Get players to increase tempo whilst maintaining the correct execution.
- Take out the middle markers to increase players perception and communication.
- Get player to perform a number of different ball mastery moves.

#### Diagram

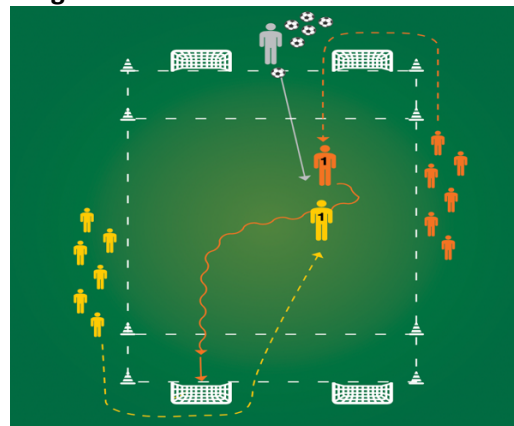


### Skill Training – 25 Minutes

#### Organisation/ Explanation

- Playing Area: 20m x 30m.
- Practice set out as illustrated.
- On coaches' signal, player 1 from both teams sprints around the back of the goals onto the field of play.
- Ensure ball is played to either yellow or orange player to avoid any collisions.
- Players try to score in wither of the two end goals but must be inside the 'shooting' zone as marked out on the illustration.

#### Diagram



### Skill Game – 20 Minutes

#### Organisation/ Explanation

- Playing Area: 20m wide x 40m long.
- Session set out as illustrated.
- Each player yellow and orange has a designated central gate that they are to defend.
- Orange goalkeeper starts the game with all outfield players of both teams in grid A. Orange team try to keep possession and try to beat their opponent in a 1v1 to get through their gate to score against opposition goalkeeper.
- If yellow win the ball they try to score immediately. If they score play restarts in yellow team's half. If orange score, play restarts in orange half.

#### Diagram

