

1 v 1 - Session 1

Team/group

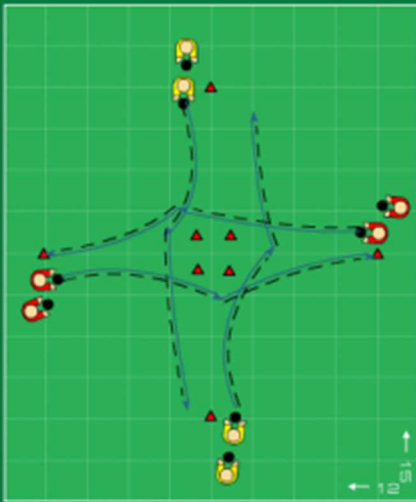
Skill Acquisition Phase, 9-12yo

Total duration

Players: 80 min

WARM UP

Duration: players - 25 min, goalkeepers - 0 min



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Individual technique

Feint and dribble

Skill Acquisition, Session 1 Skill Introduction (1v1)

(For field players only)

Duration: 25 min

Organisation:

- 4 markers placed 12-15m opposite of each other with 4 markers centrally in a diamond 1m-1.5m apart (see diagram).

- Max. 2 players with ball line up at the markers.

- On the coaches call two players opposite each other start dribbling to the other side.

- In the middle they perform a prescribed or free feint to go around the right side of the markers and accelerate to the opposite marker.

- After 2 minutes: now go around the left side of the markers.

Concluding tagging game:

- All players move with a ball inside a 15m x 15m grid while 1 or 2 "taggers" (holding a bib in their hands) chase the other players and try to "tag" them.

- All players (taggers and runners) MUST keep their ball under control at all times.

- A player who is tagged or loses control over the ball or runs out of the grid must change roles with the tagger.

- The same rules apply for the tagger(s): they cannot tag someone unless they have the ball under control.

- To make it easier/more difficult (for taggers):

- More/less taggers

- Smaller/bigger grid

Instruction points:

Progression:

- Speed up tempo (maintain proper execution)

- Take out the markers (perception and communication)

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MAIN PART

Duration: players - 25 min, goalkeepers - 0 min



Individual technique

Feint and dribble

Skill Acquisition, Session 1 Skill Training (1v1)

(For field players only)

Duration: 25 min

Organisation:

- In a grid of approximately 20m x 30m two small goals are placed on each byline with markers on the corners and on the sideline at 5m from the corners to mark the 'scoring zone'.

- Two teams of 6 players maximum line up behind the markers on the sideline as shown.

- The coach is positioned with the balls between the two goals on one side of the pitch.

- On a signal from the coach orange #1 and yellow #1 sprint around the corner marker and the nearest goal.

- The coach serves in favor of the orange player who take on the yellow player at maximum speed.

- The attacker can finish in either of the 2 goals but must finish from INSIDE the 5m 'scoring zone'.

- If the defender wins the ball they can score in one of the opposite goals (one attempt max. each).

- When the action has ended the players line up on the opposite side.

- The coach can manipulate the 1 v 1 through the angle with which they serve the ball.

Instruction points:

Coaches Comments

Attacker

"Go at the defender with speed"

"Use a feint to put the defender off balance"

"Threaten to go to one side then suddenly attack the other"

Defender

"Show the attacker one way"

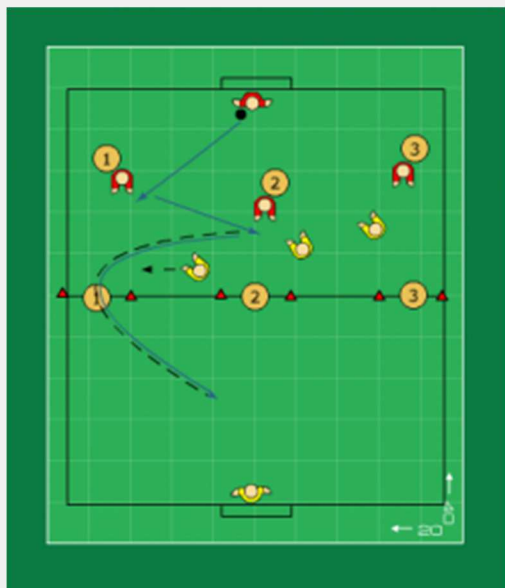
"Bend your knees and stand on your toes so you're able to change direction quickly"

"The best moment to commit is when the attacker takes a heavy touch or slows down"

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FINAL PART

Duration: players - 30 min, goalkeepers - 0 min



Individual technique

Feint and dribble

Skill Acquisition, Session 1 Skill Game (1v1),

(For field players only)

Duration: 30 min

Organisation:

- 3 v 3 on a pitch (20m wide x 40m long) with big goals and goalkeepers.

- Placed on the halfway line are 3 equal sized 'gates' as shown in the diagram.

- Each player (orange or yellow) must defend their 'own' designated gate when the opponent has the ball (i.e. player #1 defends gate 1, player #2 defends gate 2 etc).

- The orange goalkeeper starts the game with all outfield players of both teams in grid A.

- The orange team combines till one orange player beats their opponent 1 v 1 and moves through one of the gates into grid B and tries to score.

- If orange scores the game starts again in grid A.

- If yellow wins the ball in grid A they can immediately score.

- If yellow scores, the game restarts in grid B with possession for yellow.

- If the yellow goalkeeper wins the ball in grid B, the game restarts in grid B with possession for the yellow team.

Variations:

Step up:

- The attacking team must make a 1 v 1 effort within 30 seconds otherwise the possession goes to the opponent

- Narrow the pitch (smaller gates)

Step down:

- Introduce a 'joker'

- Widen the pitch (bigger gates)