

Each session should be split into **THREE MAIN components:**

**Purpose:**

<b>ARRIVAL ACTIVITY</b>	~5 minutes	Engage the players as soon as they arrive. Ball touches!
<b>SKILL INTRODUCTION</b>	~ 10 minutes	Introduction of the core skill and warm up
<b>SKILL TRAINING</b>	~ 20 minutes	Repetition of skill in a game like scenario
<b>SKILL GAME</b>	~ 20 minutes	Small sided games with a focus on the core skill

**AREA:** 30m x 20m

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1

**ASPECT:** BEATING A DEFENDER

### ARRIVAL ACTIVITY – BALL MASTERY / COLOURS

**EXERCISE:**

Each player has a ball and is free dribbling around a defined 20m x 30m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side to side (for/backwards)
- Sole taps (Alternating sole of feet)
- L-Trick (Sole drag back, then flick behind standing foot)

**Feints** – Encourage a change of pace and direction

- Step over
- V-trick (drag the ball from one side of body to the other, forming a V)

**Colours** – Coach walks around holding different coloured cones in the air. Players **MUST** call them out. Head up!!

### SKILL INTRODUCTION – REBEL ATTACK

**SET-UP:**

30m x 20m area

Split the players into two teams, with bibs.

Each player has a ball

Each team lined up on opposite end lines facing each other.

**EXERCISE:**

1. Blue will begin with the balls – attackers. Red will be the defenders

2. On the coach’s call, the blues will attempt to dribble into the end zone and score into red’s goal.

The red team must defend their goal, and if they win the ball, to score in the blues goal.

Players are not paired up, they can attack against / defend against whoever they choose

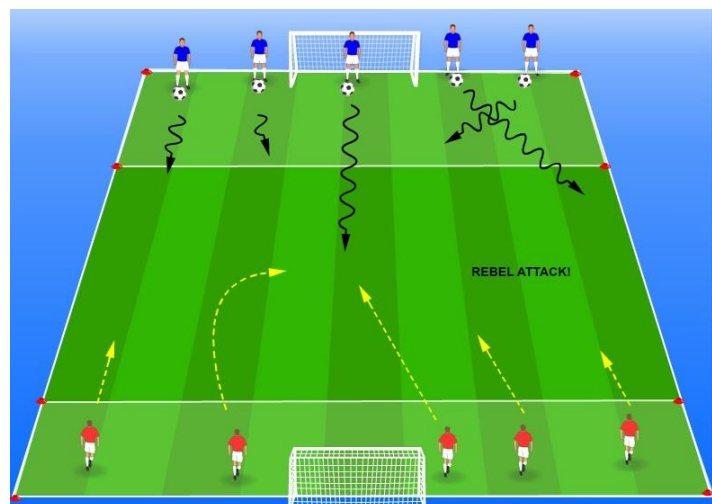
3. Reds then attack, blue defend.

4. Continue. Keep score

**PROGRESSION:**

5. Instruct which feints players can use

6. Pair players up if need be



**COACHING POINTS:**

Lots of little touches!!!

Close ball control whilst moving around (one touch per step)

Change of direction when approaching defender

Change of pace when getting away from defender

If you get tackled, win the ball back!!

**Question –**

‘When dribbling, how do you know where to move?’

### SKILL TRAINING – 1 vs 1 – Face to face

**SET-UP:**

- 6 players = 1 set up
- 12 players = 2 set ups

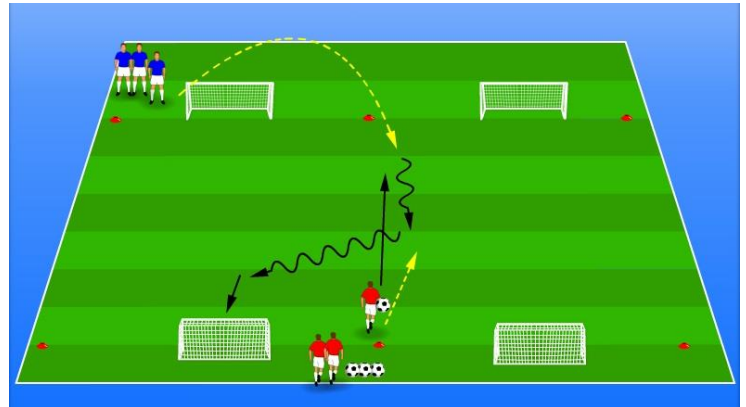
Create four gates/goals in the corner of each set up  
 Split players into teams with bibs.  
 Number each team (ie. 1-3).  
 Have players stand next to the corner cone.

**EXERCISE:**

- If your players are good enough, allow them to execute the pass that starts the activity.
1. Red team will play to the first Blue player.
  2. The Blue is the attacker, attempting to score in one of the two red goals. Red defender, and if they win the ball try to score in the opposite goals.
  3. Players must now dribble past each other to score a goal
  4. Keep score. Make it competitive.

**PROGRESSION:**

5. Swap the team order, to vs different players
6. Point system – A feint and goal = 3 points
7. Have two or more players entering at a time



**CHANGE IT:**

Taking too long? – Have a 10 sec time limit  
 Players are kicking it? – Have a ‘scoring zone’  
 Shot goal = 1 point, dribble goal = 3 points

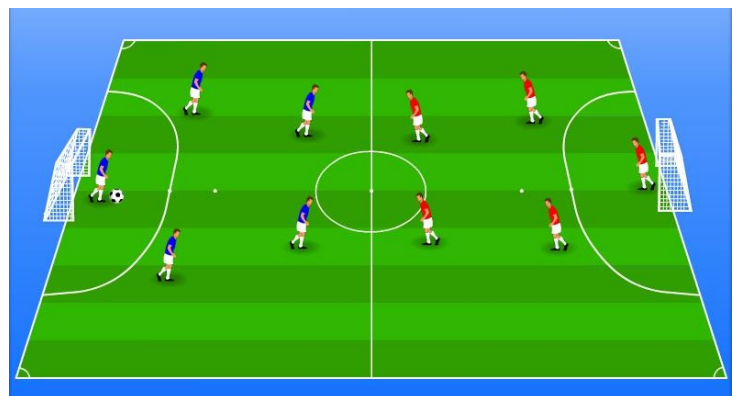
### SKILL GAME – GAME

**SET UP:**

Normal game in the 30m x 20m field  
 Split players into two teams.

**EXERCISE:**

Allow the players to play.



### COACH REFLECTION

- Are players engaging in 1 vs 1 duels?
- Are players attempting a change of PACE or DIRECTION?
- Which players are struggling?