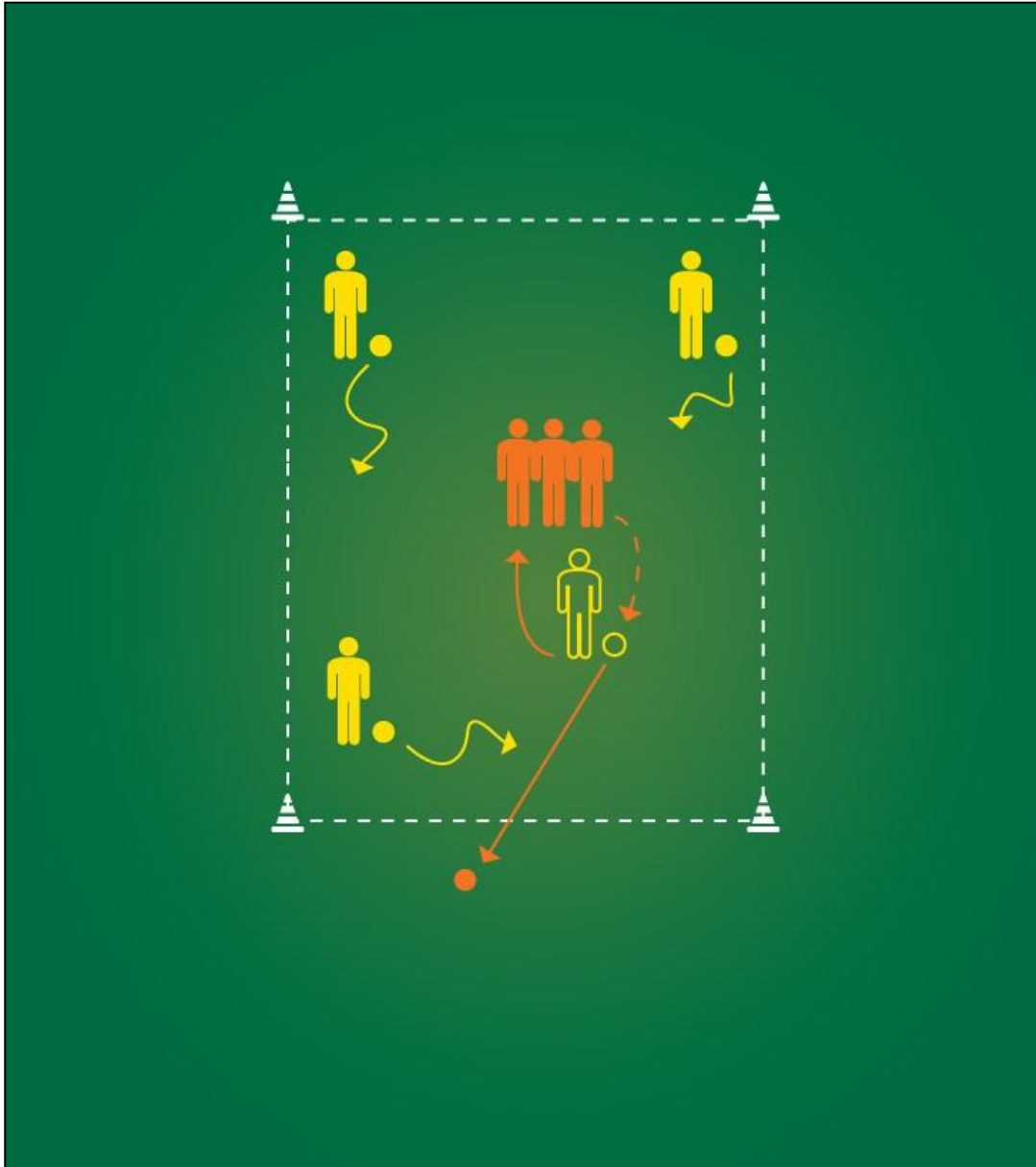


Discovery Phase – 1 v 1 Session 2

Beginning (10 – 15 minutes): Dribblers and Collectors



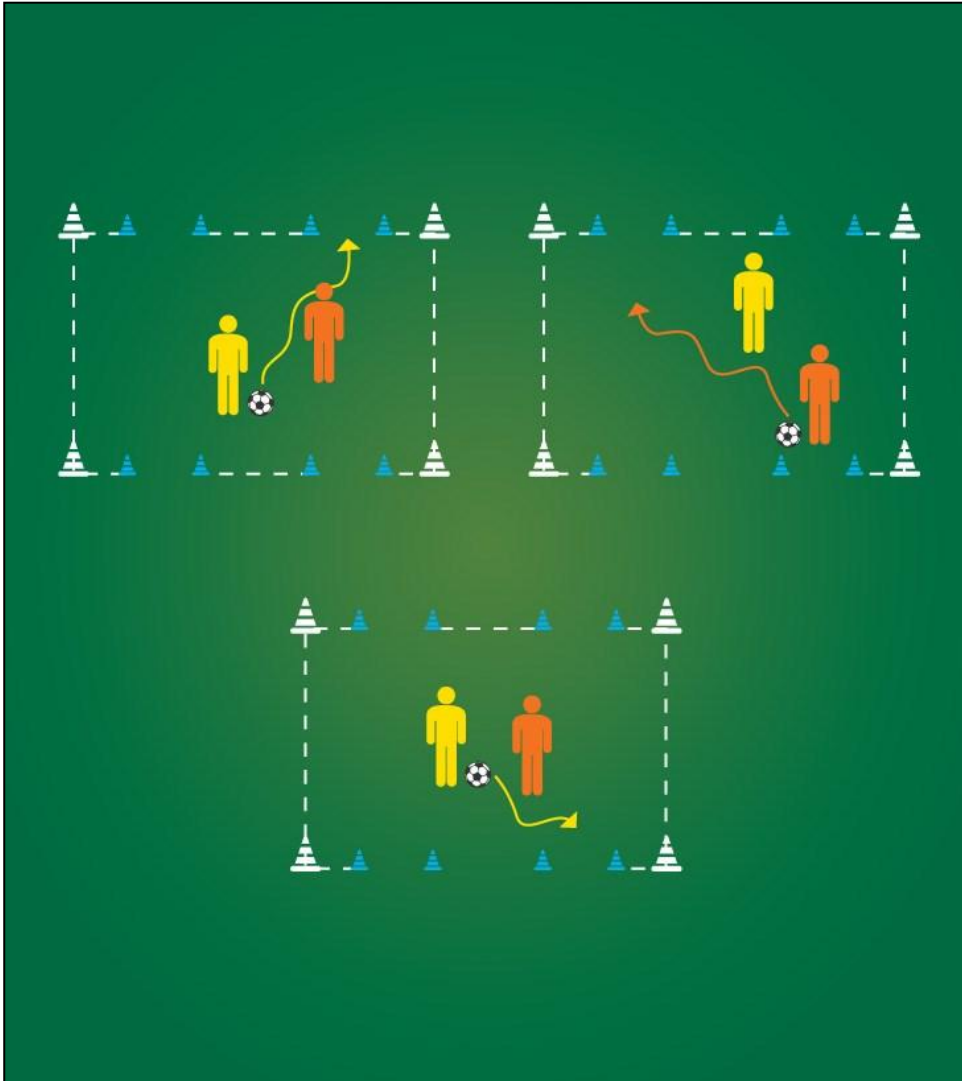
Two players without a ball link hands (I link arm in arm as it is stronger link) and move around the area trying to kick other players' balls out. They are the 'collectors'.

When a player's ball is kicked out, they immediately join the 'collectors', so that there are now three players with arms linked chasing the others (then four and five) until everyone is out. If the link breaks the link must immediately stop and re-link. A broken link cannot kick out a ball. Once all balls are kicked out, then two new 'collectors' start chasing

This drill promotes movement with the ball for the dribblers and team work and communication for the collectors. Great fun to.

Discovery Phase – 1 v 1 Session 2

Middle (10 – 15 minutes): 1v1 Mini Games



Make three small areas about 10m wide × 7m-8m long (field is short and wide).

Two gates 2m wide placed on each byline, approximately 1m away from each corner marker.

Players play 1 v 1 on each mini-field and score by dribbling the ball through one of the gates (there is no shooting- i.e. it is a 1 v 1 drill). Use exemplar players to show the team techniques for getting past their markers e.g. feint one way and then accelerate the other way.

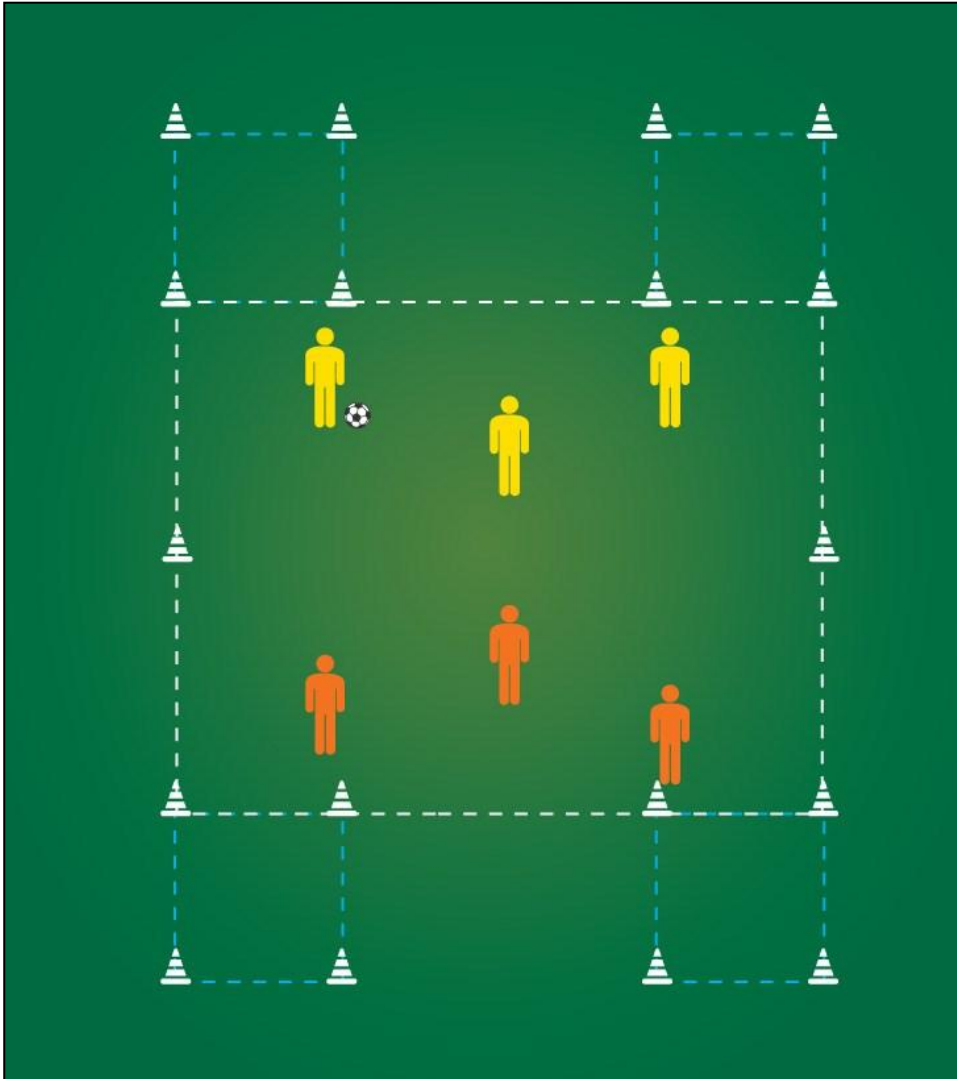
Think of safety when setting up; avoid scenarios where players could dribble into each other by allowing buffer zones.

Notes on this exercise

Keep rotating so opponents are changed regularly. Rotation also allows a period of rest, so control how long rotation takes depending on how fatigued the players seem. You could also give some brief hints to the whole group in order to give them a rest.

Discovery Phase – 1 v 1 Session 2

End (20 minutes): Line Football 3v3/4v4/5v5



Field dimension is short and wide: Length: 15m - 20m
Width: 20m - 25m
Goal: none

This game encourages dribbling and 1 v 1 skills. Usual rules (e.g. throw ins from the side), but method of scoring is to:

Progression 1: dribble the ball across the opponents' end line

Progression 2: dribble the ball over the byline into scoring zones behind each byline (as shown in the diagram – 3 to 5 meter square scoring zones).

Progression 3: dribble the ball over the byline, but also stopping the ball in the scoring zone (shows greater control).

Use bibs / training vests to help distinguish teams. If odd number of players use a neutral vest and play a "joker" who assists the team in possession.