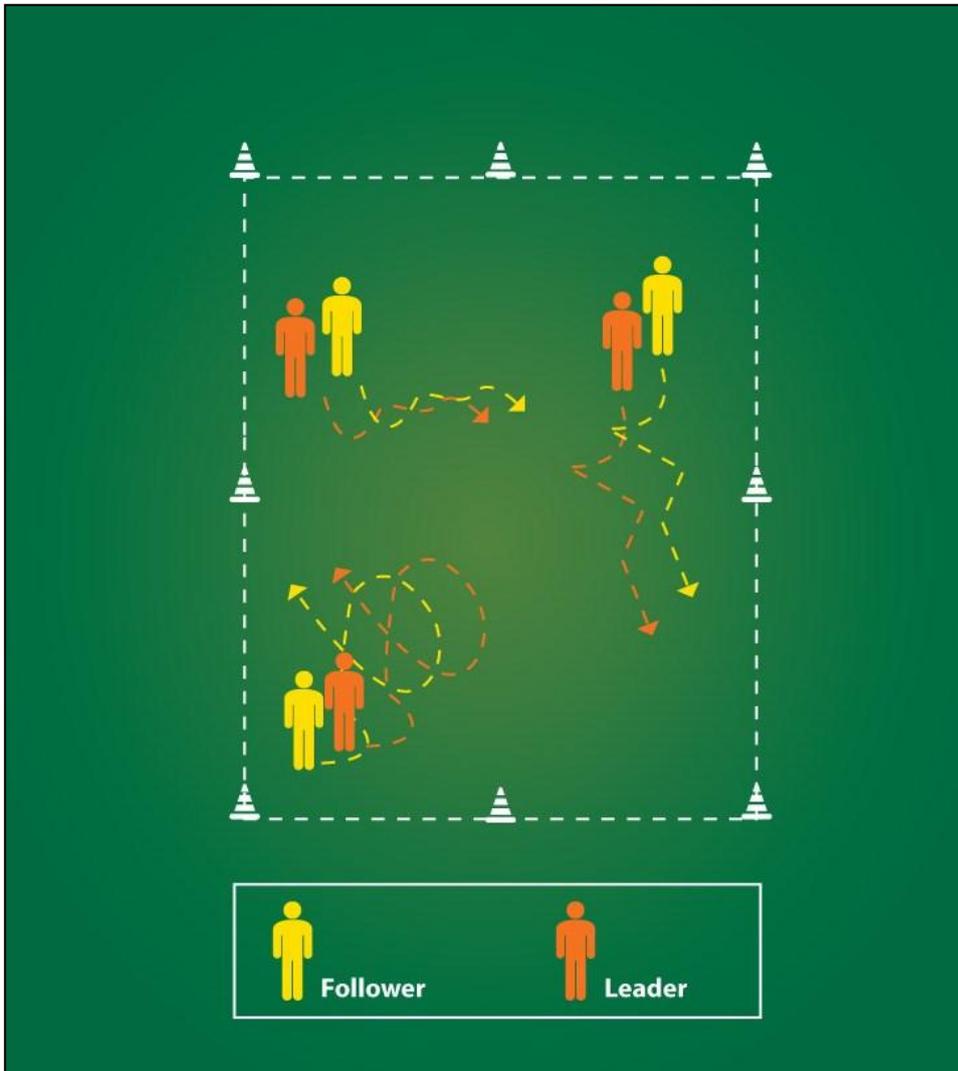


Discovery Phase – 1 v 1 Session 1

Beginning (10 – 15 minutes): Me and My Shadow



Players get into pairs; one is designated as 'leader' and the other as 'follower'.

The 'leader' moves around the field (you don't need a ball initially), changing speed and direction frequently, and perhaps adding a variation here and there, such as a jump or a ground touch.

The 'follower' then copies everything the 'leader' does.

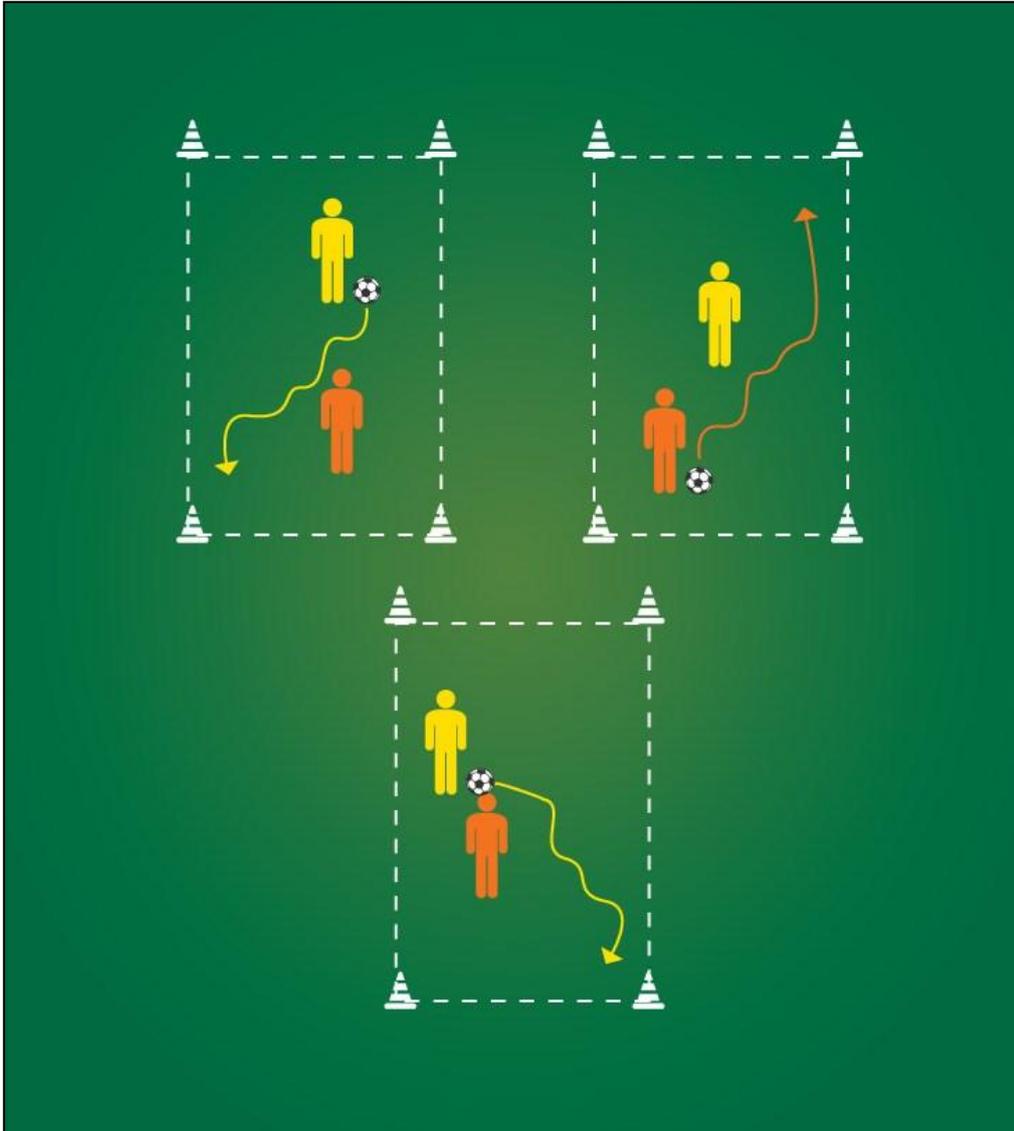
Change roles regularly and also change partners regularly.

Progressions:

1. The leader (only) has a ball
2. The leader and the follower both have balls
3. The follower has a ball (this is a difficult progression so instruct 'leader' to jog at medium speed only around the area, with occasional random changes of direction).

Discovery Phase – 1 v 1 Session 1

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



Make three small areas about 10m × 7m.

Players play 1 v 1 on each mini-field and score by dribbling the ball over the opponents' 7m end line.

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

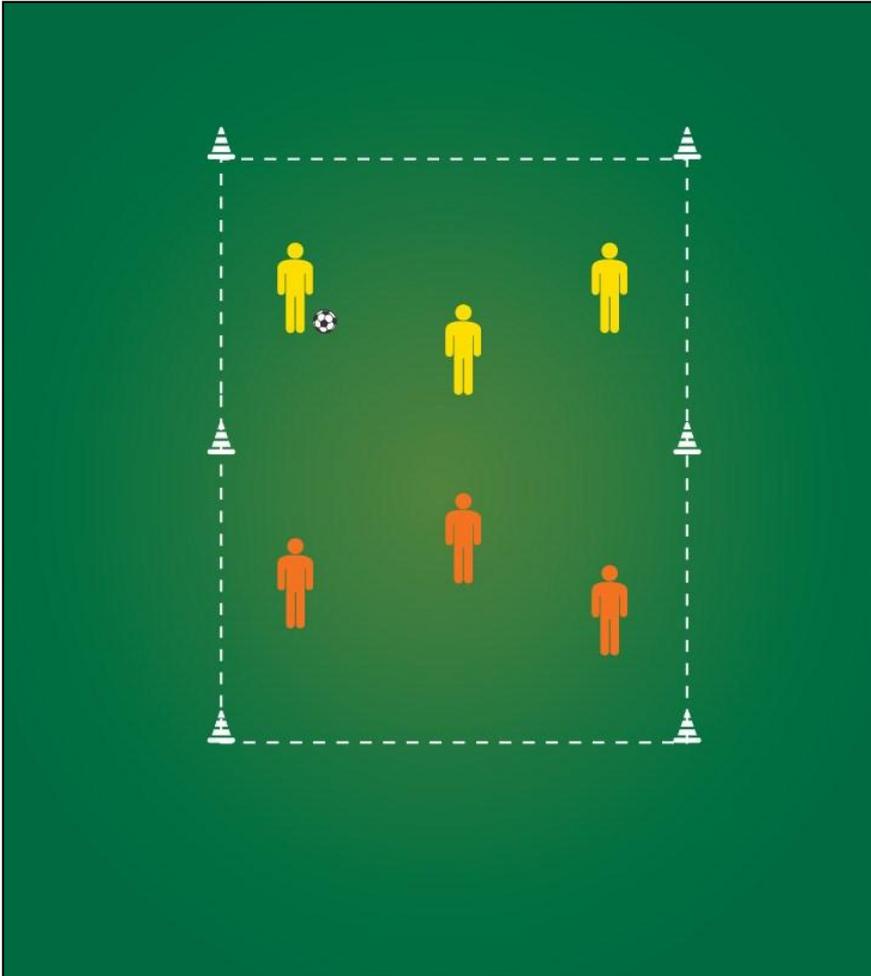
Guidelines for 1v1 Mini Games

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.

Each of the small game pairings should be around 1 minute – up to 2 minutes maximum (e.g. u9s who are able to self re-start).

Discovery Phase – 1 v 1 Session 1

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



Length: 20m

Width: 15m

Goal: none

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.

Notes on this exercise

This game encourages dribbling and 1 v 1 skills. Usual rules (e.g. throw ins from the side), but method of scoring is to dribble the ball across the opponents’ end line.

Short games - 3 to 5 mins in length (with regular drink breaks). “Just let them play” i.e. coach only when necessary and “on the go” where possible rather than pulling up play (use breaks between games to provide feedback). Praise effort (not talent).

For u8s and u9s only: set differing positions for players between games (left, centre and right). If numbers allow, also set a defending line of 1 -2 players.