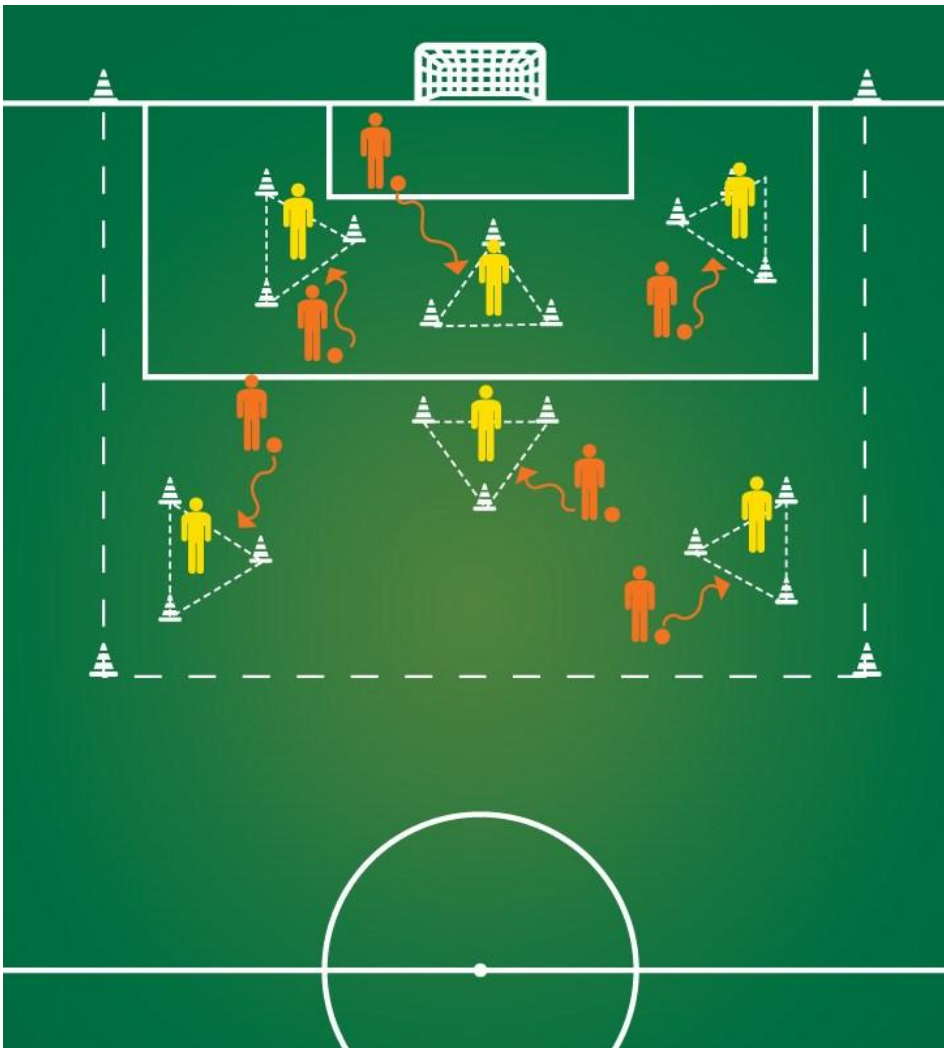


SAP: 1 v 1 - Session 3

Skill Introduction (15 – 20 minutes total))

Skills Introduction Part 1 (7 – 10 minutes)



Positioned inside a large grid of approximately 40m x 40m are a number of 5m x 5m x 5m triangular grids. The players are split into 2 groups (orange and yellow) of equal numbers, orange with ball and yellow without.

The number of triangular grids equals the number of players per group.

Of the group without the ball, each player must stand inside a triangular grid (see diagram).

The orange players dribble around the area and ‘attack’ the triangles from any possible side. Only one player can attack a triangle at the same time (awareness; communication).

The yellow players have to ‘defend’ the borders of their triangles (passively at the beginning).

Change roles of groups regularly

PTO for actions / tasks and concluding game

SAP: 1 v 1 - Session 3

Player Actions/Tasks to encourage

“Make feints” (free choice or prescribed)

“Now only use your weaker foot”

“Now increase the tempo but avoid collisions” (“heads up”)

“Defenders, gradually raise the resistance”

“Defenders now full resistance, try to stop the attackers entering your grid”

Concluding Game

Each player individually counts the number of times they are able to beat a defender and dribble through their triangle.

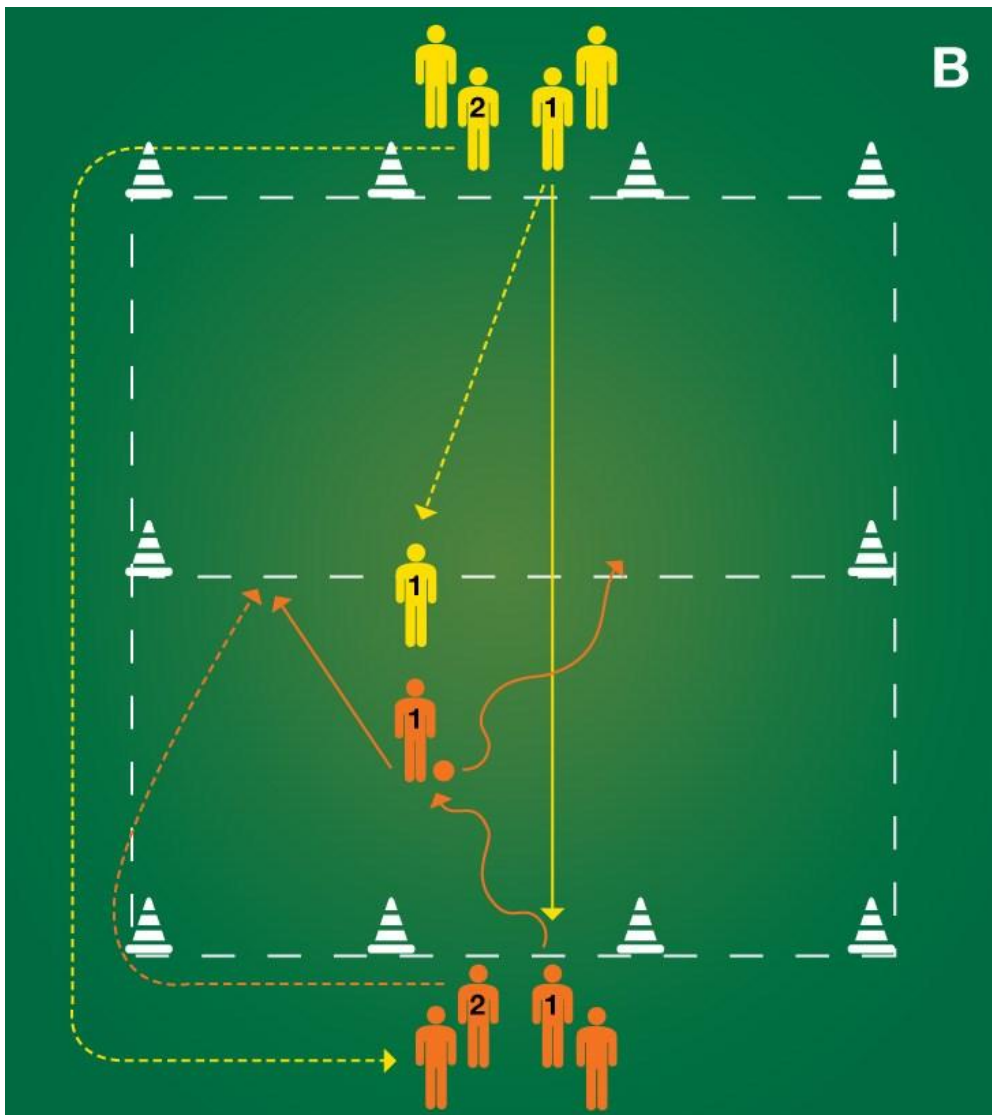
“You have 2 minutes”

“What is the group’s total?”

“OK, now change roles and see if your group can beat that number”

SAP: 1 v 1 - Session 3

Progression



Defenders can score too when they win the ball

2 v 1

2 v 2

2 v 1 organisation (see diagram B)

Pairs of yellow and orange players

#1 yellow passes to #1 orange and engage in 1 v 1

#2 orange first runs around one of the corner cones before entering the grid to make it 2 v 1

#2 yellow skips a turn and jogs around the grid to join the orange line

PTO for possible Coaches Remarks

SAP: 1 v 1 - Session 3

Possible Coaches Remarks

Attacker

- Go at the defender with speed
- Use a feint to put the defender off balance
- Threaten to pass to the overlapping player but accelerate past the defender instead

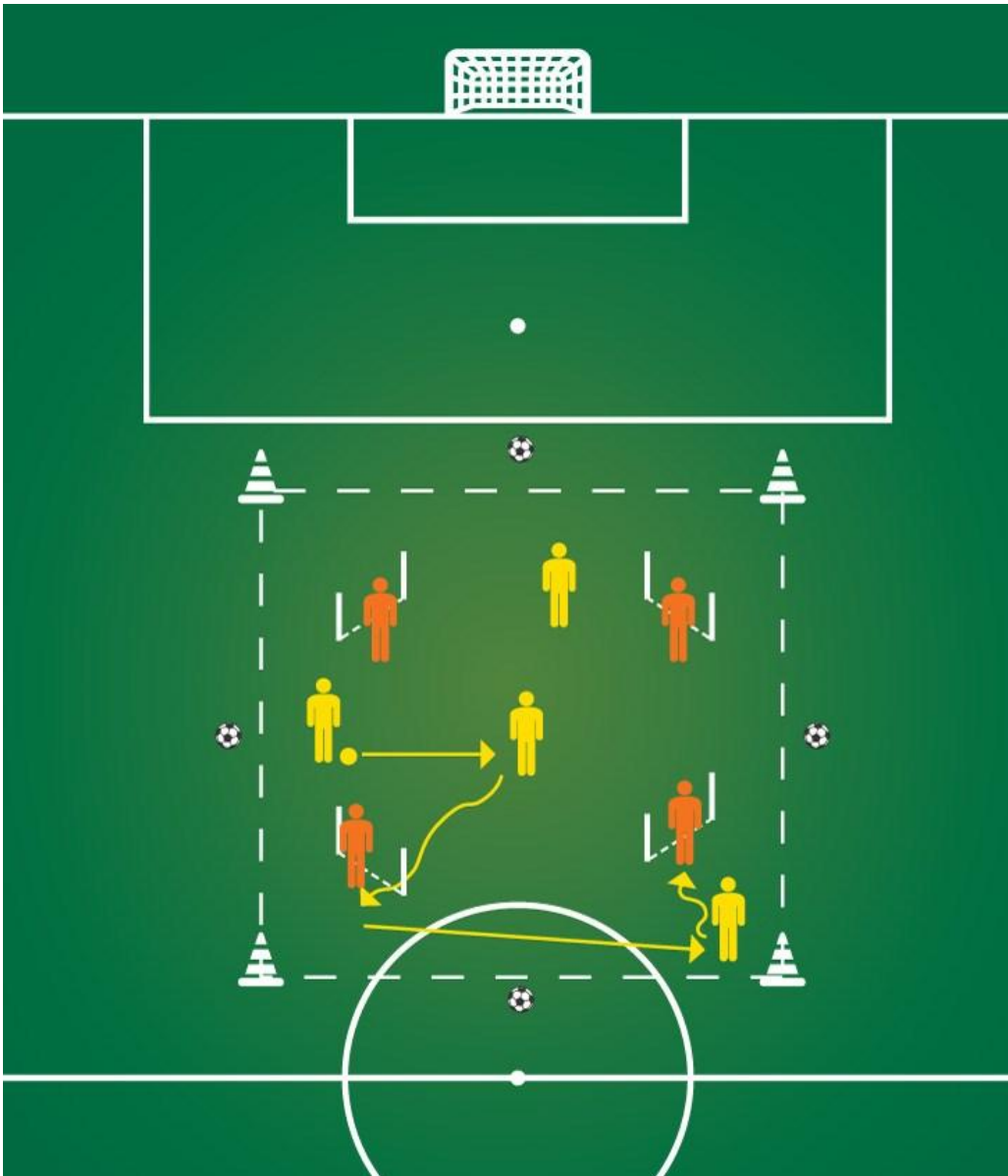
Defender

- 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"

Don't forget to coach the defenders!

SAP: 1 v 1 - Session 3

Skill Game (20 – 25 minutes): 1 v 1 Session 2



4 v 4 in a grid of approximately 35m x 35m.

There are four gates of 5m-7m positioned as shown, **each protected by a defender** (gates should be too wide rather than too narrow). If 5 v 5 have 5 gates etc.

The team in possession of the ball scores a goal when one of their players can beat a defender and run with the ball through one of the gates (from either side).

Swap team roles regularly.

“Which team scores most as a 2 minute task?”

PTO for C.H.A.N.G.E.I.T. suggestions

SAP: 1 v 1 - Session 3

Step up

If the defending team wins the ball, the roles change without stopping the game, OR

The attacking team must make a 1 v 1 effort within 15-30 seconds, otherwise the possession goes to the opponent.

Decrease the gate sizes

Step down

Increase the gate size

Introduce a 'joker'