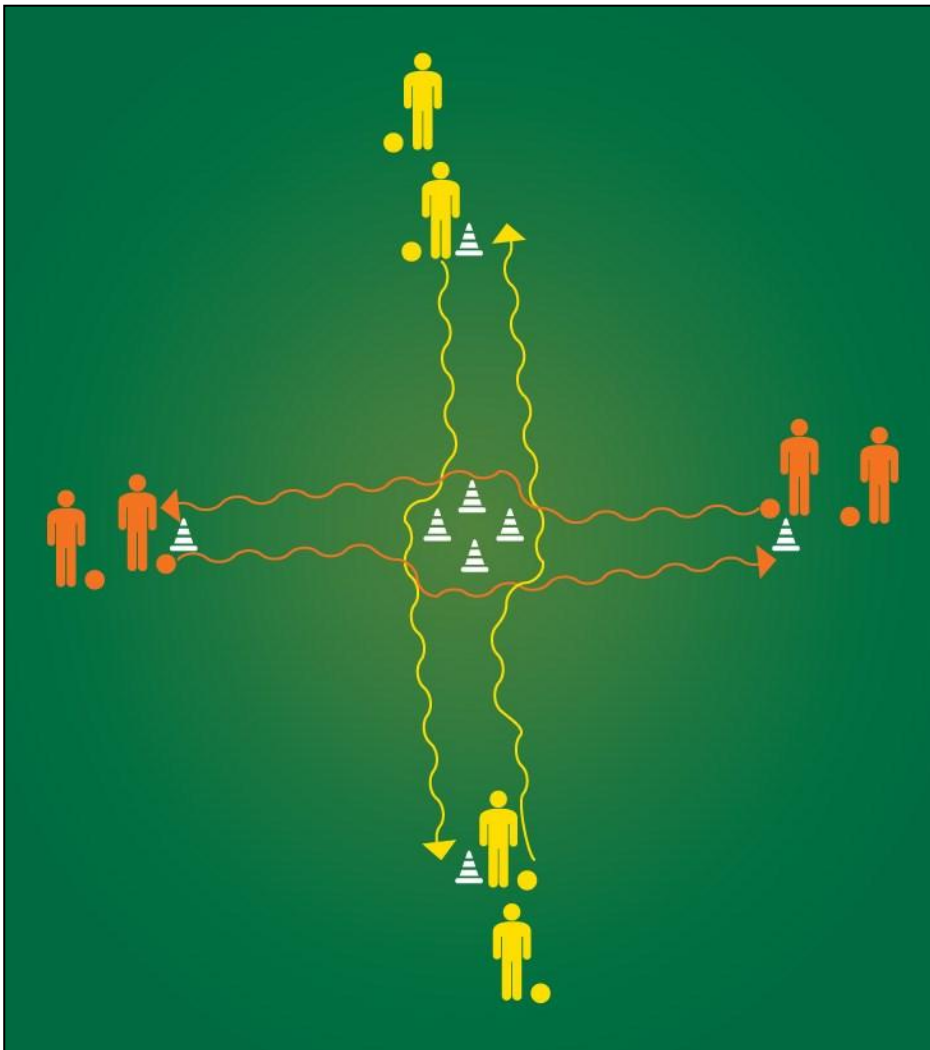


SAP: 1 v 1 - Session 1

Skill Introduction (15 – 20 minutes total)

Introduction Part 1 (7 – 10 minutes)



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**

Progressions

Speed up tempo (maintain proper execution)

Take out the markers (perception and communication)

SAP: 1 v 1 - Session 1

Introduction Part 2 (7 – 10 minutes): 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.

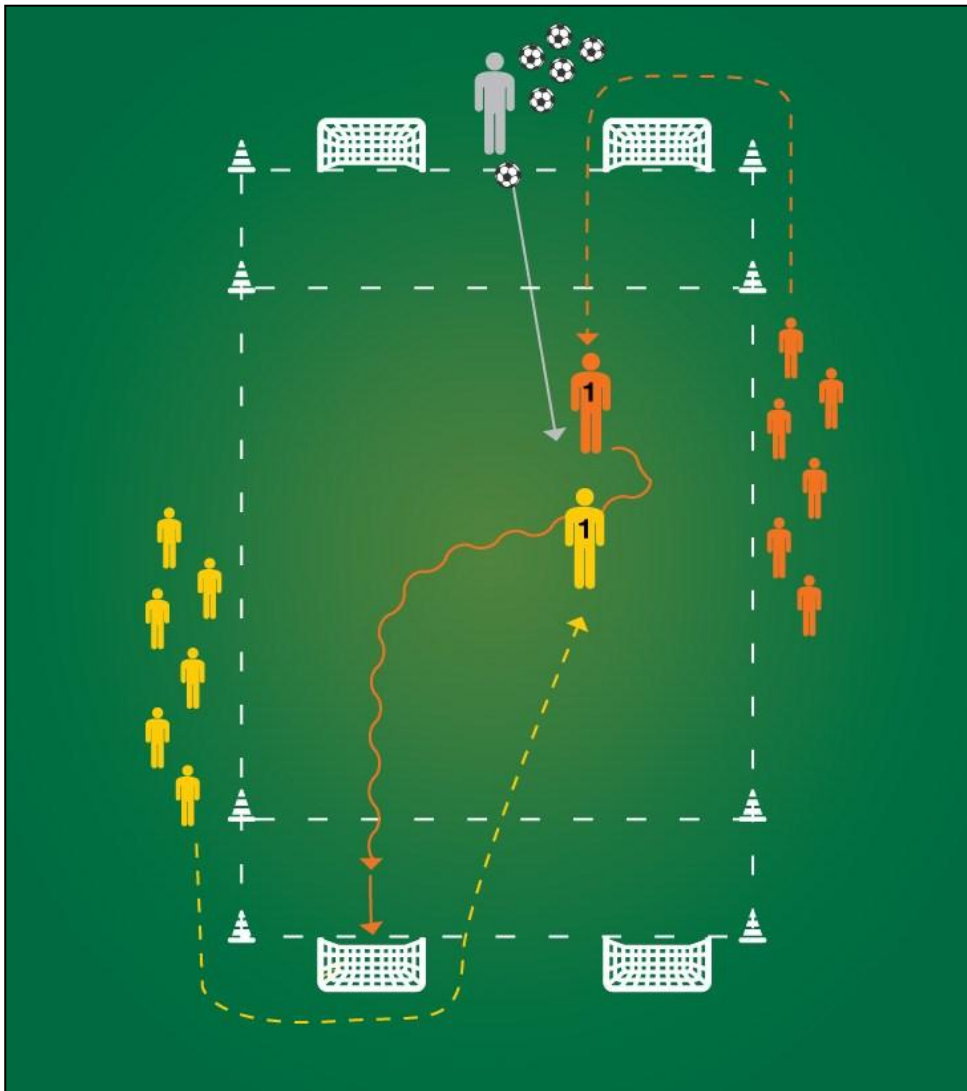
Variations

Smaller/bigger grid and /or more/less taggers

Step down = taggers don't have balls but are restricted to speed walking (not able to jog or run).

SAP: 1 v 1 - Session 1

Skill Training (25 – 30 minutes): 1 v 1 Session 1



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 favour 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.

PTO for possible “coaches remarks”

SAP: 1 v 1 - Session 1

Possible Coaches Remarks

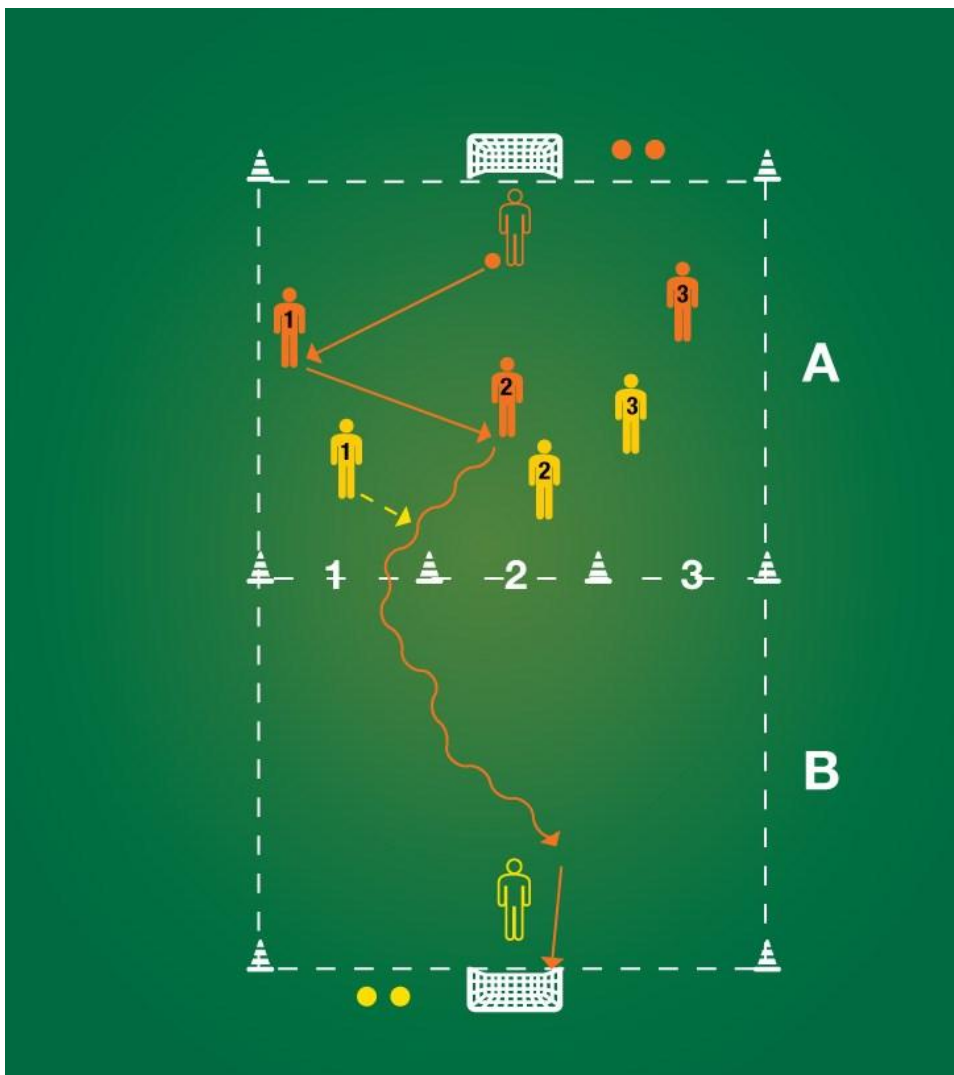
Attacker

- "Go at the defender with speed"
- "Use a feint to put the defender off balance"
- "Threaten to go to one side then suddenly attack with 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."

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



SAP: 1 v 1 - Session 1

4 v 4 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).

If more players (5 v 5) widen the pitch and have 4 gates.

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. Note that this is a 1 v 1 skill game attackers must get around the defenders to get through the gates (deception and feints not "through balls" passed into the opposing square).

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.

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).