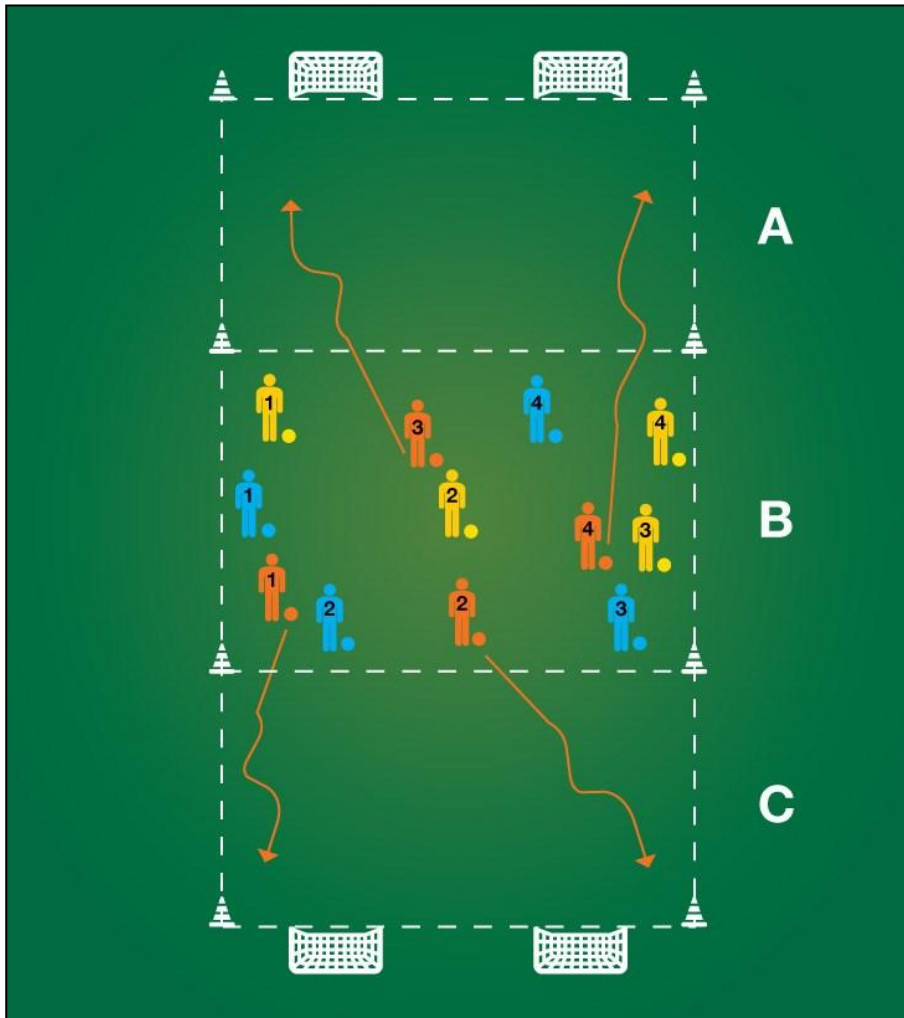


SAP: 1 v 1 - Session 2

Skill Introduction (15 – 20 minutes total))

Skills Introduction Part 1 (7 – 10 minutes)



Set up the organisation as shown in the diagram. Grids A and C 20m x 10m, and a bigger grid B 20m x 15m, with two 2m goals on each byline.

All players dribble with a ball in grid B keeping their heads up enough to avoid collisions (balls and players).

Make feints (free choice) and then accelerate after a feint into grid A or C

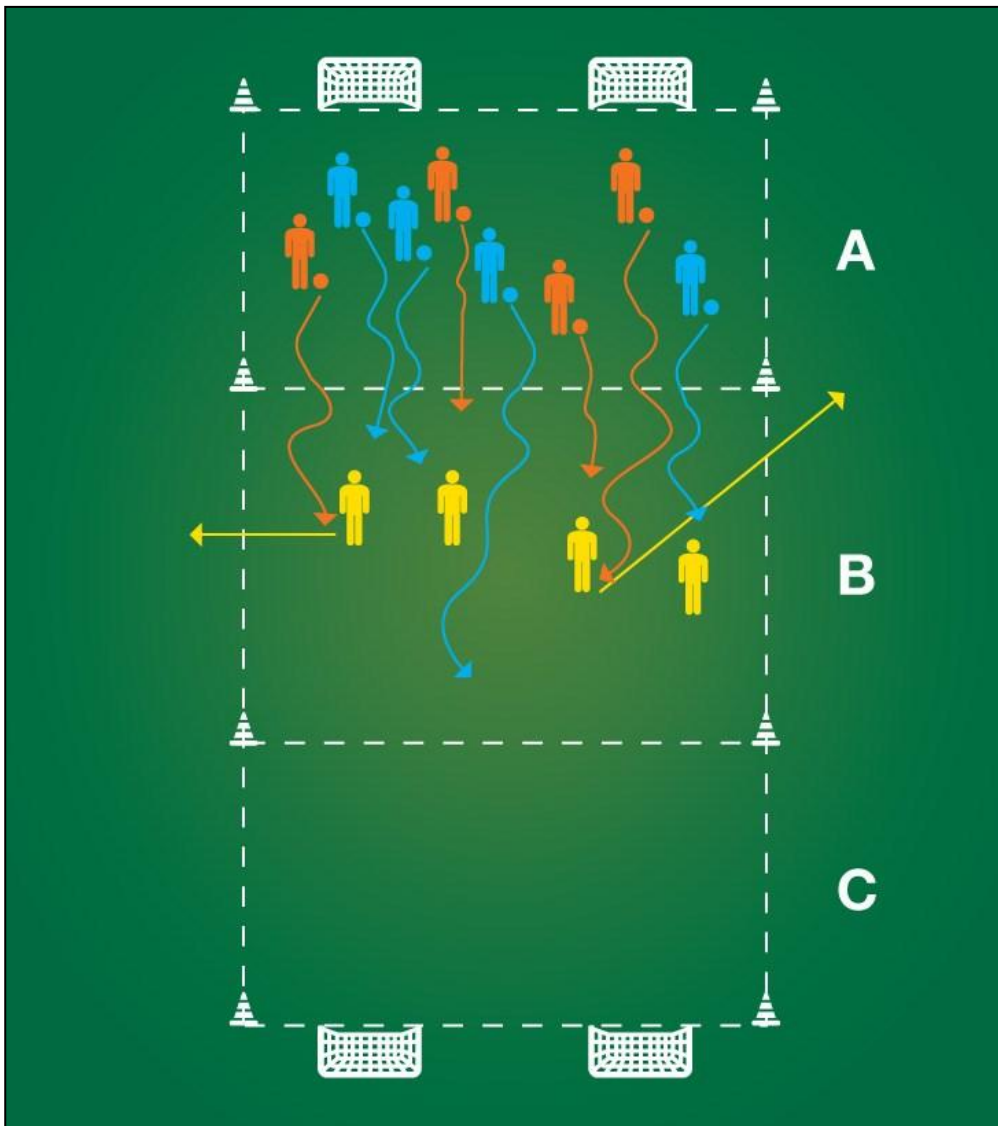
Progression:

Number all players 1-4. On the call of a specific number these players (i.e. all #1's) feint and accelerate out of grid B and finish in separate goals (awareness; communication and decision-making!), then get their ball and return to grid.

An alternative would be to use additional cones to make a 2m x 2m square in each corner of the byline in lieu of goals to be a space to finish in. The skill is the feint and acceleration into space [CJ].

SAP: 1 v 1 - Session 2

Skills Introduction Part 2 (7 – 10 minutes) – Cross Over



‘Cross the canal’ to free zone on other side.

One group (yellow) position themselves in grid B and are the ‘defenders’ (must stay in grid B). All other players with a ball each start in grid A. On the coaches signal they must all dribble to grid C.

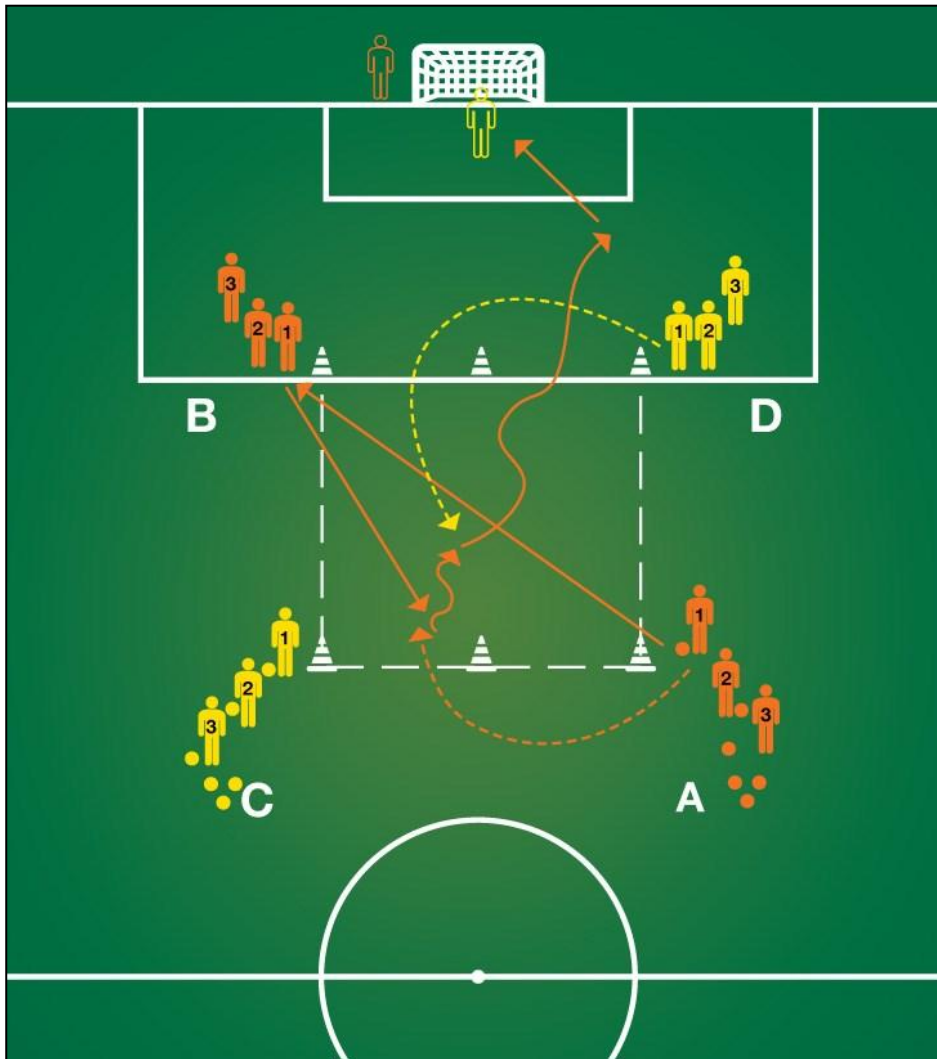
The defenders must eliminate runners by kicking the runners balls out of grid B or forcing runners to take the ball over the sidelines. When a defender kicks your ball out of the grid, you have to get it and start to juggle on the side until a new game starts.

On the coaches signal ball carriers then try to advance from grid C back to grid A. Repeat until there is a last runner standing or all runners are unsuccessful at crossing over. Rotate groups so that everyone has even time as defenders.

“Who wins?” (fastest time by defenders or last runner standing).

SAP: 1 v 1 - Session 2

Skill Training (25 – 30 minutes): 1 v 1 Session 2



Organisation

Outside the penalty box is a 15m x 15m grid with 6 cones placed as shown in the diagram.

Two teams (orange and yellow) are divided into 2 groups of equal numbers and positioned as shown.

Groups orange A and yellow C have a ball each. The exercise starts with A1 passing the ball to B1. A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone.

A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal. D1 can only defend in the grid and is not allowed to enter the penalty box.

The action stops when A1 has finished on goal; D1 captures the ball from A1, or the ball goes out of the grid.

P.T.O.

SAP: 1 v 1 - Session 2

After the action has finished the players involved move as follows:

A1 to group B (bring back the ball)

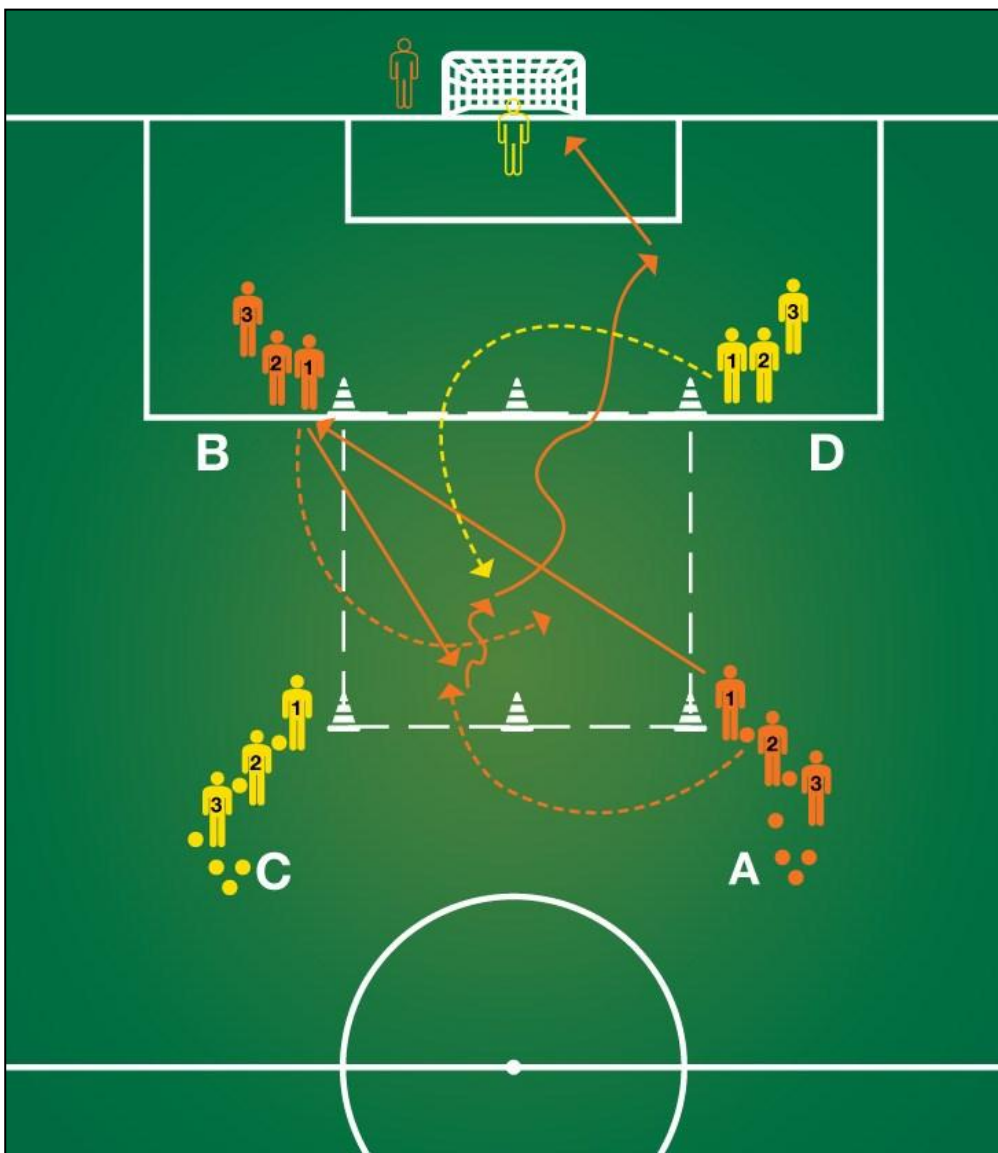
B1 to group A (bring ball from A1)

D1 goes back to group D (line up at the back)

Next sequence is C1 passing to D2 with B2 defending

“Which team can score the most?”

Progression:



P.T.O. for step up / down and possible coaches remarks:

SAP: 1 v 1 - Session 2

Step up

2 v 1 ('overlapping' player)

After passing to A1, B1 now 'overlaps' A1 to make it 2 v 1 (see diagram).

Step Down

'Passive' defending by the defenders

Possible Coaches Remarks (Don't forget to coach the defenders !)

Attacker

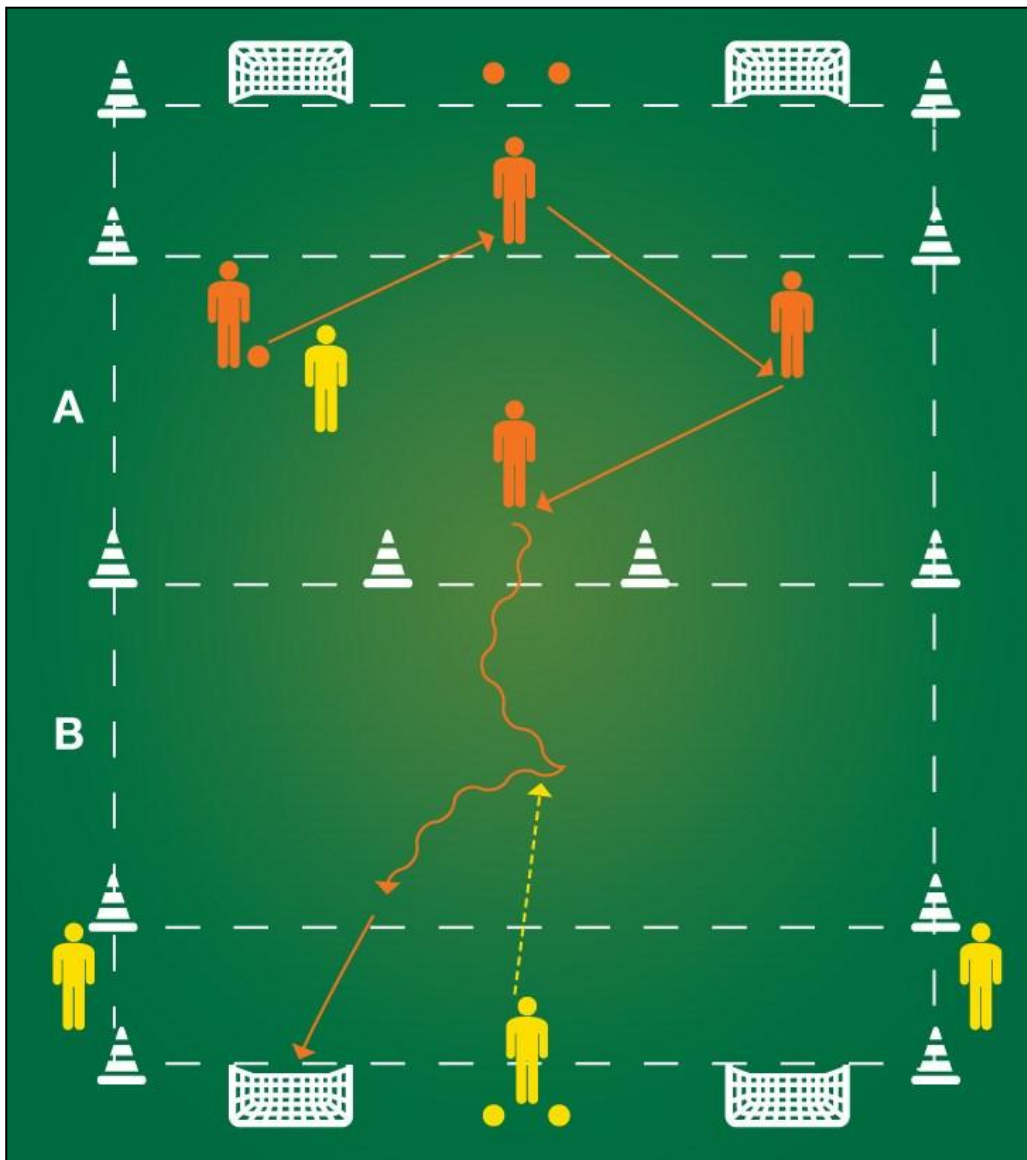
- "Go at the defender with speed"
- "Use a feint to put the defender off balance"
- "Threaten to pass to the overlapping player but accelerate past the defender instead"

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"

SAP: 1 v 1 - Session 2

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



Organisation:

A grid of 40m x 30m (depending on ability) divided in 2 grids of 20m x 30m by a halfway line of 4 cones (see diagram). Two small (2m) goals on each byline and a 5m-7m shooting line at each end.

Two teams of 4 players each. The game starts in grid A with the orange team in possession and one yellow defender (4 v 1). The 3 other yellow players position themselves as shown (one between the goals and the other 2 at the shooting line cones).

P.T.O. for instructions and variations.

SAP: 1 v 1 - Session 2

Instructions:

The orange team must get a player running with the ball across the halfway line into grid B and score in one of the goals (once inside the scoring zone).

At the moment the orange player crosses the halfway line one of the yellow players enters the grid to attack the orange player (1 v 1).

Which defender commits depends on the 'gate' through which the attacker enters grid B (see diagram).

If orange scores: restart in grid A.

If the yellow defender captures the ball in grid B: restart in grid B with yellow in possession.

If the defender wins the ball in the 4 v 1, they can score immediately in 1 of the 2 goals (from any distance).

Variations:

No goals but the attacker must run with the ball across the byline.

Step up

The attacking team must cross over the halfway line within 15 seconds otherwise the possession goes to the opponent.

Decrease the grid size.

Step down

Increase the grid size.