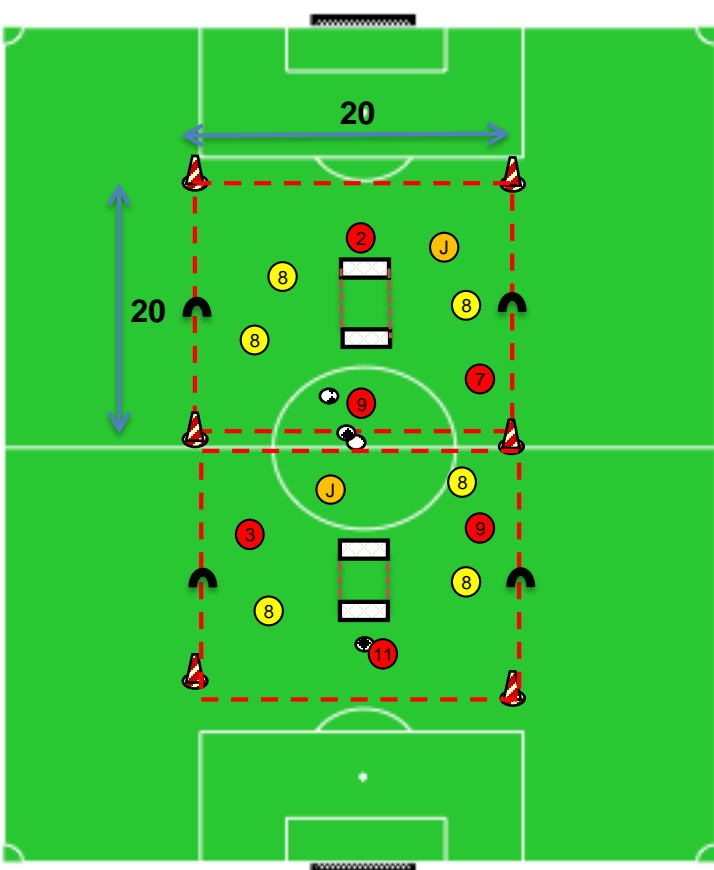


## Core Skill: 1v1– SKILL GAME

Session objective: *Improve players ability to beat opponents 1v1 using changes of direction & speed*

### Organisation Diagram



### Organisation

- 3v3 + 1J with 2 small goals
- 7 players per grid
- If no joker play 3v3
- Can score in either goal
- Can not dribble in between goals. No GO ZONE.
- Score = Retain possession

### Step Up

- Opponent possession after goal scored
- Smaller area
- Add GK/defender in scoring zone
- Change position of goals to vary attack angle

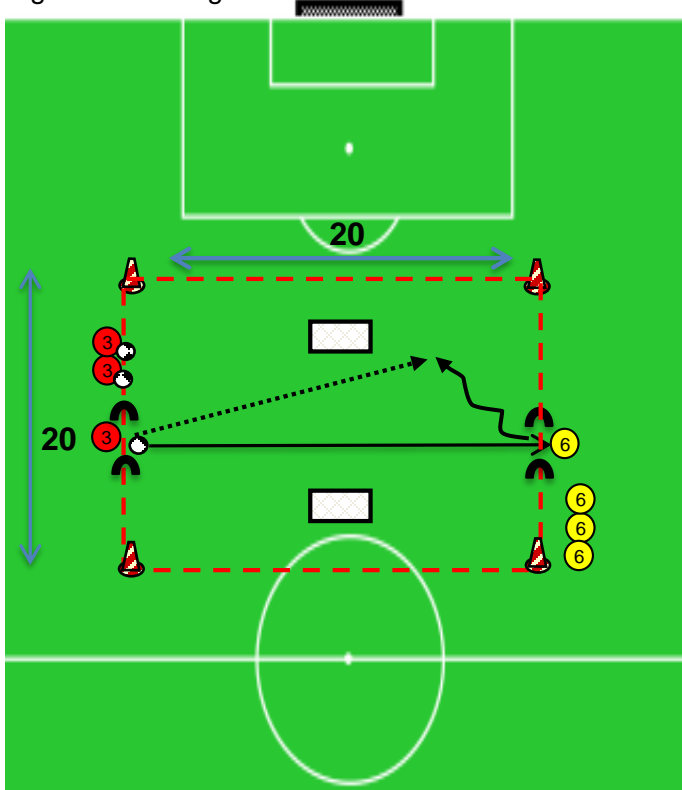
### Step Down

- Add joker/s
- Larger area
- 2 touches to finish

## Core Skill: 1v1– SKILL TRAINING

Session objective: *Improve players ability to beat opponents 1v1 using changes of direction & speed*

Organisation Diagram



### Organisation

- 7 players
- Alternatively 6 players in 2 grids
- Players distributed as per set up.
- Red plays to yellow and defends both goals
- Yellow attempts to score in EITHER of the goals
- If red wins ball he can score in EITHER goal

### Step Up

- 2v2
- 3v3
- Smaller area
- Reduce distance between goals
- Change position of goals to change attack angle
- Move starting position of defender closer to pass
- Set time limit for attacker to score within

### Step Down

- 2v1
- Passive defender
- Larger area
- Add more goals
- Attacker starts with ball
- Delay defender enter after running around cone

### Exercise Task

Can you beat your opponent and score quickly

### Player Actions

Can you see your opponent and the goal

Can you anticipate and react quickly to the defender movement after the pass

Can you put your first touch towards a goal

Can you create space for yourself to score

### Cues

As the ball is in travelling towards you, get your eyes up to see the opponent and goals

As you receive the ball, can you play your first touch towards a goal and attack with speed

If you are ahead of opponent, can you cut across him

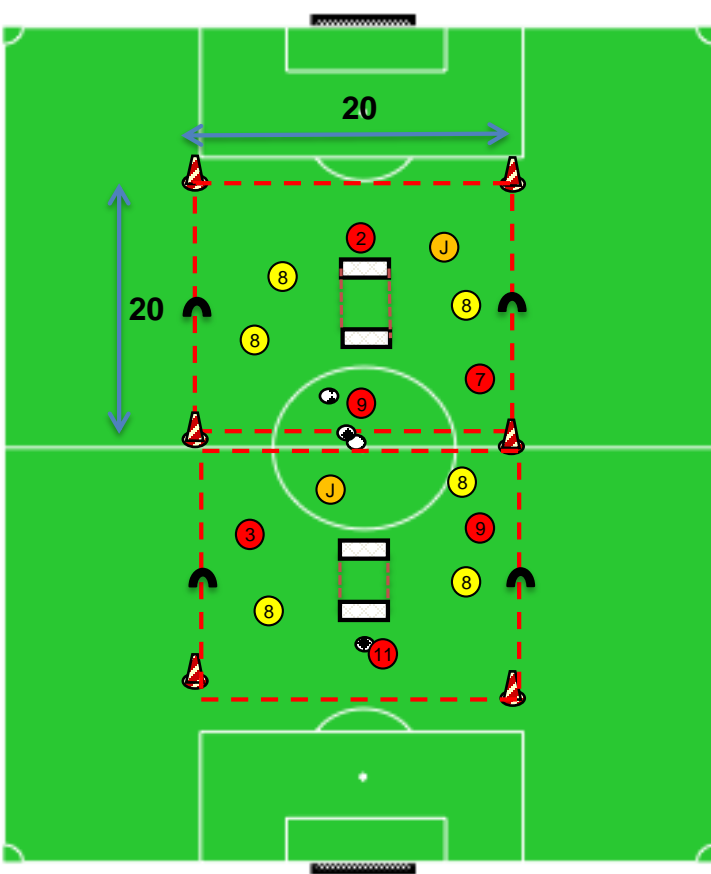
As you are dribbling forward, can you keep ball away from opponent

As you are dribbling forward with speed, can you quickly change direction and attack other goal

## Core Skill: 1v1– SKILL GAME

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