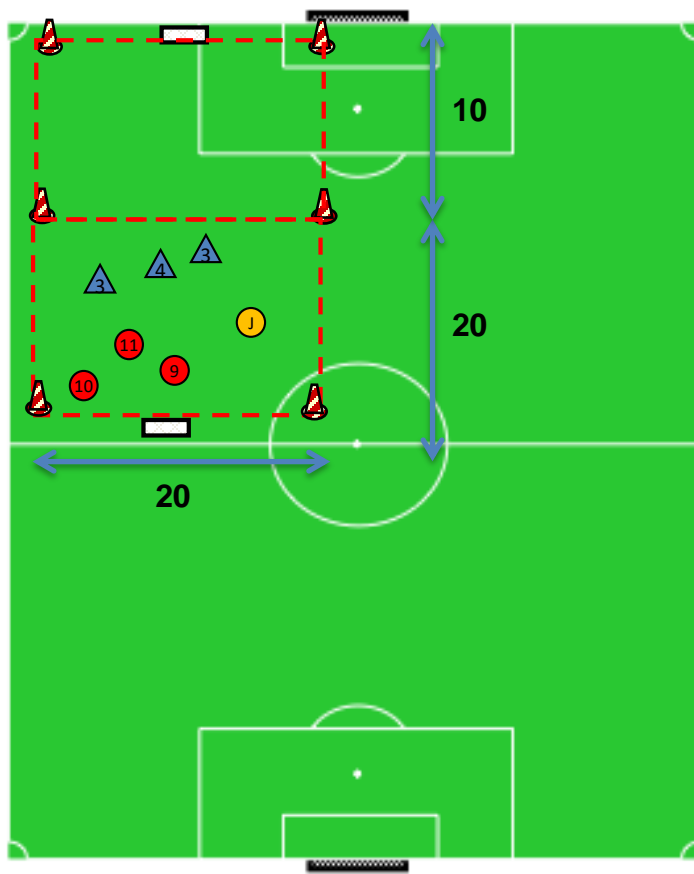


Core Skill: 1v1 – SKILL GAME

Session objective: *Improve players ability to defend 1v1 against opponent*

Organisation Diagram



Organisation

- 2 grids identical as per diagram
- 3v3 + 1J or 3v3
- Team in possession can only pass backwards
- Attackers can only score in goal after dribbling the ball out of grid. 1 defender can follow to deny scoring opportunity
- If team scores a goal they retain possession of the ball and restart from the other end.

Progression

- Free game no restrictions

Step Up

- Make field wider
- 2nd attacker can enter grid after 1st attacker dribbles over. Defend 2v1
- 2v2 into grid
- 2 points scored by defending team after regaining possession in transition eg direct score into grid from defender who won their own ball.

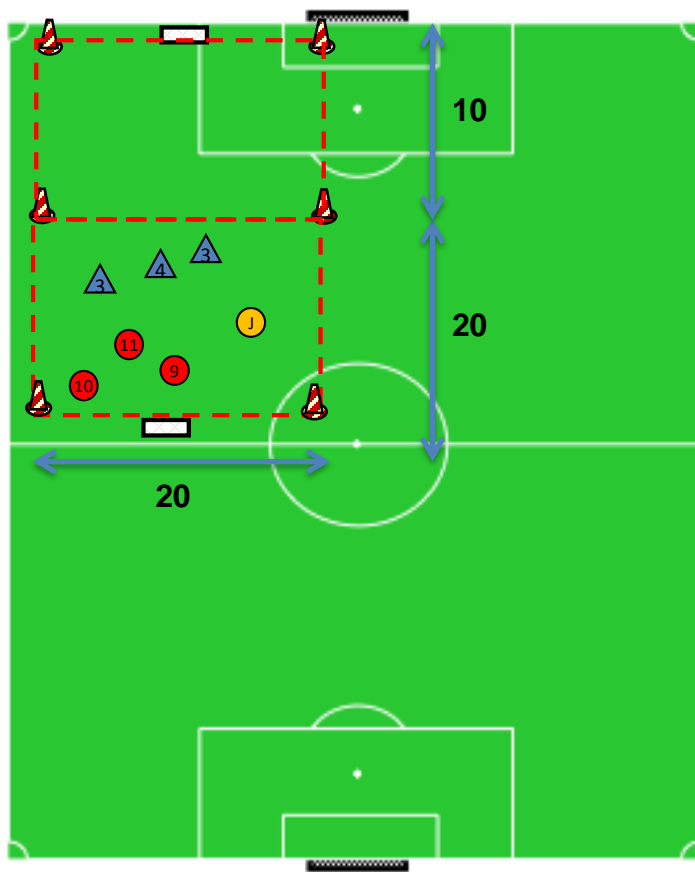
Step Down

- Make field narrower
- Reduce numbers in middle and include bouncers on outside of grid eg 4v2
- Allow attackers to pass forward if defenders are too quick to close attackers. Defenders need to deny forward pass and forward runs
- Alter service into attacker eg lofted passes to allow more time for defender to close down

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