



Description

Session Objective

- Improve players' ability to use deception moves to shift defenders.

Part 1 (10 mins)

Organisation

- 20m x 20m area
- 1 ball per player

Explanation

- Each player with a ball inside the area, dribbling with the ball and trying not to run into other players
- Encourage players to attempt skill moves while running with the ball and approaching another player
- Demonstrate a few different moves to give the players some ideas (E.g. Scissor, Stepover, Ronaldo Chop) and allow them to practice

Progressions

- Split your players into pairs
 - 1 ball between each pair
 - Have 1 player attacking and 1 player defending for 1 minute
 - Attacker is trying to beat the defender, defender trying to win the ball
 - Swap every 1 minute to give both players the opportunity to practice

Coaching Points

- Keep the ball **close to your feet** and **in the midline of your body** (able to deceive both ways)
- Encourage **body feints** (leg, shoulder) to shift a defender's body weight
- **Move the ball into new space** to beat the player



Organisation

- 20m x 20m area
- 4 cones
- 8 balls

Explanation

- 4 cones set up in the middle of the grid
- 2 players on each corner of the grid
- 1 player from each corner is to enter the grid and dribble with the ball towards the cone in front of them
- As they approach the cone, they are to perform a 1v1 move (E.g. Scissor) with their right side of the body, and then change direction to run towards the corner directly to their left
- As the player crosses the line, next person enters the grid to do the same thing



Progressions

- Change the direction the players exit the grid (right)
- Demonstrate or have players demo different skill moves to practice (E.g. Stepover, Ronaldo Chop)
- Introduce defenders instead of cones - must beat defender in 1v1 and cross one of the opposite lines (defender can win the ball and exit)

Coaching Points

- Keep the ball **close to your feet** and **in the midline of your body** (able to deceive both ways)
- **Scissor Move**
 - Step over the ball to the outside and step next to the ball (right foot)
 - Shift body weight towards the right to move the defender's body weight to the right
 - Push the ball in the opposite direction with your left foot into space created
 - Accelerate away to get away from the cone/defender
- **Stepover Move**
 - Step over the ball to the inside and step next to the ball (right foot)
 - Shift body weight towards the left to move the defender's body weight to the left
 - Push the ball in the opposite direction with your right foot (same foot) into space created
 - Accelerate away to get away from the cone/defender

Part 3 (15 mins)

Organisation

- 20m x 20m area
- 2 goals
- Balls

Explanation

- 2 teams of 5 start behind the goal line
- All players numbered off 1-5
- On the coaches call, a number is called out between 1 and 5
- The ball is played in, and the 2 players with that number come out to battle each other 1v1
- The player from each team is trying to score into the opposite goal
- Once the play is done, all players reset behind their goal line



Variations

- Set up 2 smaller games so that players get more repetitions (3v3) - have a 2nd coach/parent to pass balls in

Progressions

- Call out multiple numbers at a time (2v2 / 3v3)

Coaching Points

- Keep the ball **close to your feet** and **in the midline of your body** (able to deceive both ways)
- Encourage **body feints** (leg, shoulder) to shift a defender's body weight
- **Move the ball into new space** to beat the player

Part 4 (15 mins)

Organisation

- 30m x 20m area

Explanation

- 6v6 game (including GKs if you have them)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Let the kids play

