



Description

Session Objective

- Improve players' ability to get past defenders using skill moves.

Part 1 (10 mins)

Organisation

- 20m x 20m area
- 5x5m square inside (yellow cones)
- 1 ball per 2 players

Explanation

- Players in the middle square (blue) to start with a ball
- Players on the outside (red) to start without a ball matched directly with a blue player (facing each other)
- On the coaches call, 2 players facing each other enter the grid to engage in 1v1
- Blue attempting to beat the red player and drive over the end line
- Red are attempting to win the ball and drive the ball back into the yellow square
- Blue then restart back in the yellow zone each time once all plays are finished
- Play for 1-2 minutes and then swap teams attacking



Progressions

- Make it a competition
 - Keep score between you and direct opponent (who can score the most goals in 1-2 minutes?) - swap roles so each player gets same time to attack
 - Change partners (play someone different)
 - Count scores collectively between all players in the team (add scores together)

Coaching Points

- Encourage defenders to **get out and apply pressure to the ball carrier**
- 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** in opposite direction
- **Accelerate away at speed** to get past the player

Part 2 (10 mins)

Organisation

- 3x 10m (wide) x 20m (long) areas
- 3x grids of 4 players
- 6 mini goals (or dribble over end line)

Explanation

- All players start on end line (red on one side, blue on other side)
- One attacker and one defender (diagonally opposite) enter the game
- Attacker has to get past defender to score in mini goal / dribble over end line
- If defender wins the ball, they can turn and score in the opposite goal
- Red players both go, then blue players both go
- All plays reset behind the end line

Progressions

- Make it 2v2 games
- Vary the way to enter the ball
 - Defender passes it into attacker
 - Diagonally position teammates on opposite ends (pass into your teammate)

Coaching Points

- Encourage defenders to **get out and apply pressure to the ball carrier**
- 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** in opposite direction
- **Accelerate away at speed** to get past the player



Part 3 (15 mins)

Organisation

- 30m x 20m area
- 2 teams of 6

Explanation

- 6v6 (behind goal line)
- 3 players from 1 team enters a ball into the grid by running with the ball
- 3 defenders come out to defend to make a 3v3
- Attacking team (red) trying to score in opposite goal
- Defending team (blue) trying to win ball and score in opposite goal
- After play breaks down (goal or out of play), blue brings 3 new players into game
- Attacking 3 players stay on field to become 3 defenders
- After teams of 3 have defended, they go out of the game to rest (new 3 come in)

Progressions

- Change the scoring method
 - 1 goal for a regular goal
 - 1 additional goal for each take on where a player beats a player with a skill move
 - E.g. 2 take ons plus goal would equal 3 goals

Coaching Points

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- Encourage defenders to **get out and apply pressure to the ball carrier**
- 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** in opposite direction
- **Accelerate away at speed** to get past the player



Part 4 (15 mins)

Organisation

- 30m x 20m area
- All players

Explanation

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

Progressions

- Change the scoring method
 - 1 goal for a regular goal
 - 1 additional goal for each take on where a player beats a player with a skill move
 - E.g. 2 take ons plus goal would equal 3 goals

Coaching Points

- Observe behaviour
- Let the kids play

