



## Description

### Session Objective

- Improve players' ability to delay an opponent from getting past them.

## Part 1 (10 mins)

### Organisation

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

### Explanation

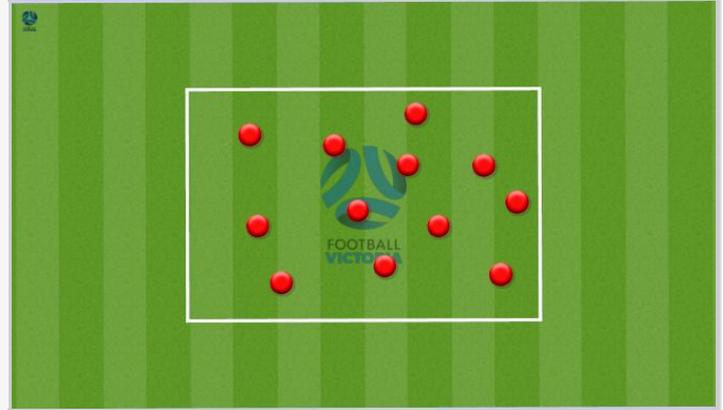
- Each player to start with a bib tucked into their shorts (hanging out so it is visible), but without a ball
- It is a game of tag; each player starts with 1 bib and looks to steal bibs from other players and tuck into their shorts - play for 1 minute and whoever has the most bibs at the end is the winner
- Restart the game with all players having 1 bib

### Progressions

- Introduce a ball for each player
  - Now focusing on stealing/protecting their bib but also control of the ball
- Split your players into pairs
  - Each player is trying to steal their opponent's bib only
  - If one player has both bibs after 1 minute, they are the winner

### Coaching Points

- Apply pressure to the opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on (surfboard/skateboard stance)** to make it easier to **change direction**
- **Approach an attacker on an angle** that forces them into an area, making their space to go forward smaller
- As a defender approaches you, **get your body side on** to protect your bib



## Part 2 (10 mins)

### Organisation

- 30m x 20m area
- All players
- 1 ball between 2 players
- Bibs

### Explanation

- Each team lined up behind a line facing each other
- Players from each team are to partner up
- On the coaches call, all players from one team enter the game with the ball to make 1v1 with their direct opponent (opposite)
- Attacking player is trying to get the ball to the other side
- Defending player is trying to stop them, can win the ball and drive over the opposite line
- Alternate teams that attack each time



### Progressions

- Make it a game
  - 1 point every time you run the ball over the line
  - 2 points every time you win the ball from your opponent and run over their line

### Coaching Points

- Apply pressure to the opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on (surfboard/skateboard stance)** to make it easier to **change direction**
- **Approach an attacker on an angle** that forces them into an area, making their space to go forward smaller

## Part 3 (15 mins)

### Organisation

- 30m x 20m area
- 2 goals
- Balls

### Explanation

- 2 teams of 5 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, 1 point each
- 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)
- Reward double points if a defender wins the ball and scores in the opposite goal

### Coaching Points

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- Apply pressure to the opponent by **getting close to them quickly**
- As you approach the opponent, **slow down and get side on (surfboard/skateboard stance)** to make it easier to **change direction**
- **Approach an attacker on an angle** that forces them into an area, making their space to go forward smaller

## Part 4 (15 mins)

### Organisation

- 30m x 20m area
- All players

### Explanation

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

### Coaching Points

- Observe behaviour
- Let the kids play

