

Description

Session Objective

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Small sided Game

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Session Objective

- Improve players' ability to take players on in 1v1 situations.

small Sided Game (10 mins)

Organisation

- 20m x 15m area
- Balls
- Bibs
- Mini Goals

Explanation

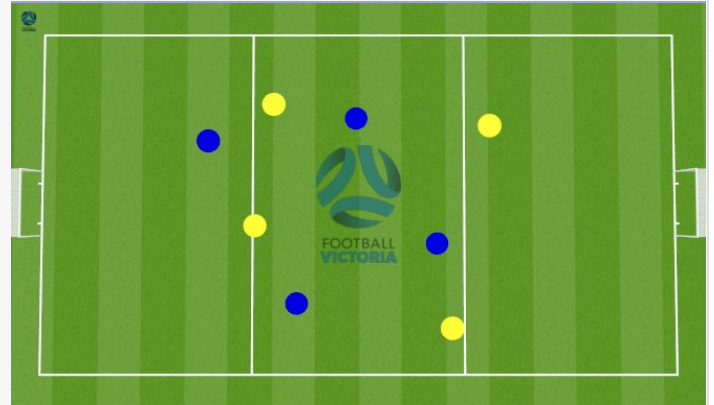
- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball

Variations

- Create one or two games depending on size of the group

Coaching Points

- Let them play!



Fun football Game

FUN Football Game (10 mins)

Organisation

- 20m x 15m area
- Bibs
- Balls

Explanation

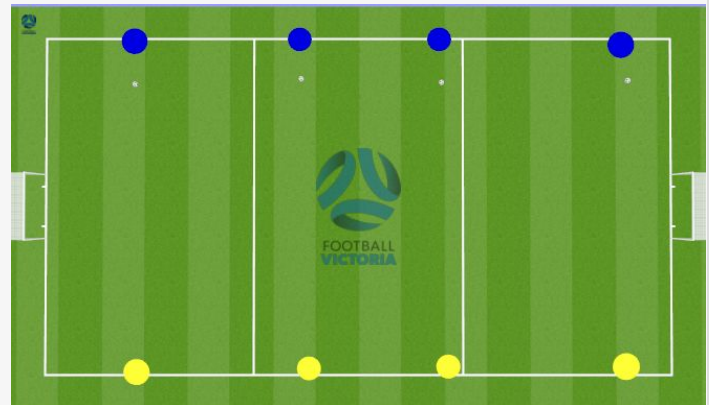
- Create 2 teams and split them on opposite sides with opponents facing each other
- On coach's call, one team with the ball will run into the grid towards their defender to create a 1v1 situation
- Player with the ball must beat their direct opponent and attempt to get the ball to the opposite end in control
- Rotate attacks each time

Progressions

- Change partners
- If defender wins the ball, allow them to dribble over opposite line to score

Coaching Points

- Praise and encourage desired actions including **using deception to fool defenders**
- Encourage players to **be positive and take players on**
- Encourage players to **accelerate away at speed** once they have got past their opponent



small sided game

mall Sided Game (Variation) (10 mins)

Organisation

- 20m x 15m area
- Balls
- Bibs
- Mini Goals

Explanation

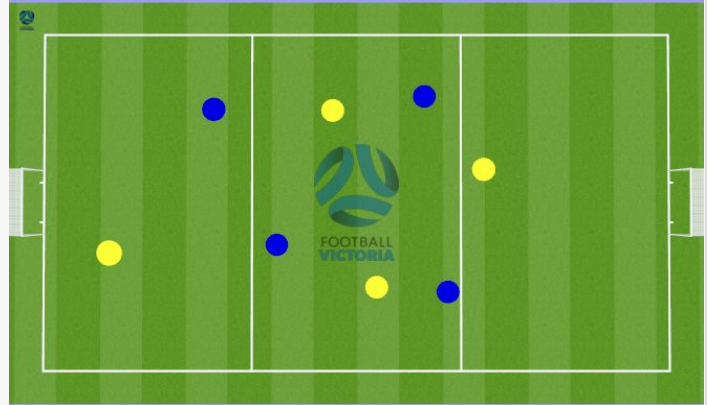
- Normal game, 1 point for a goal
- A goal is worth the number of take ons prior to the goal being scored (e.g. 3 takes ons + goal = 4 points)

Variations

- Create one or two games depending on size of the group

Coaching Points

- Encourage children to **be positive in 1v1 situations**
- Praise desired actions including **scoring a goal, taking on players**, without stopping the game



Physical Literacy Game (10 mins)

Organisation

- 20m x 15m area
- 1 ball per player
- Bibs

Explanation

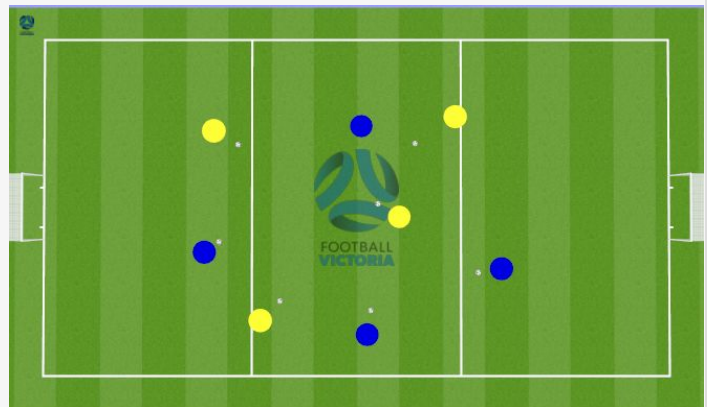
- Split players into 2 teams, each player with a ball
- Players to dribble with the ball inside the pitch, avoiding other players
- On coaches call/whistle, players are to run with the ball towards an opponent and perform a 1v1 move
- Coach can stop the practice to demonstrate some 1v1 moves including:
 - sole role
 - Ronaldo chop
 - scissors
 - Stepmover
 - Player's choice!

Progressions

- On Coach's Call (yellow/Blue), that team becomes the defender and has to try and win the ball off a player from the other team

Coaching Points

- Praise and encourage desired actions including **using deception to fool defenders**
- Encourage players to **be positive and take players on**
- Encourage players to **accelerate away at speed** once they have got past their opponent



small sided game

Small Sided Game (10 mins)

Organisation

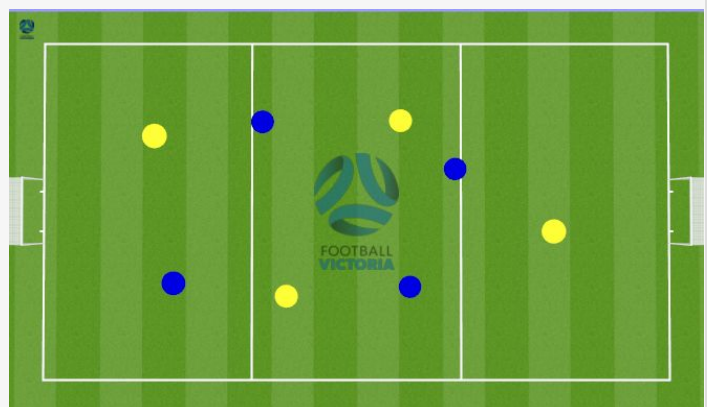
- 20m x 15m area
- Balls
- Bibs
- Mini Goals

Explanation

- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball

Variations

- Create one or two games depending on size of the group



Coaching Points

- Let them play!

Coaching Practice Review and Reflection

Session Evaluation:

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Coach Reflection:

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