

## 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

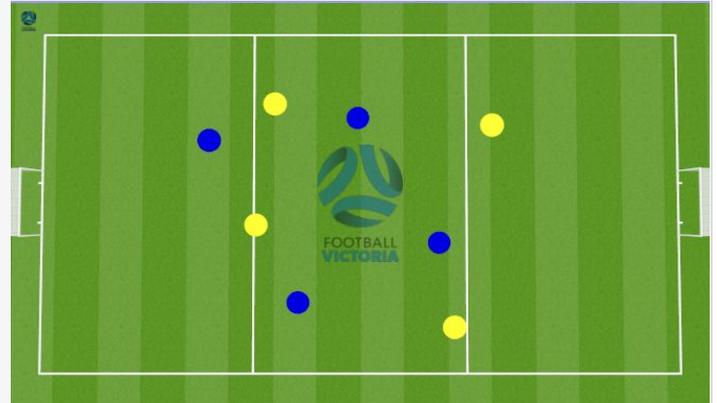
- Normal game, 1 point for a goal
- All players involved to encourage more touches on the ball

#### 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

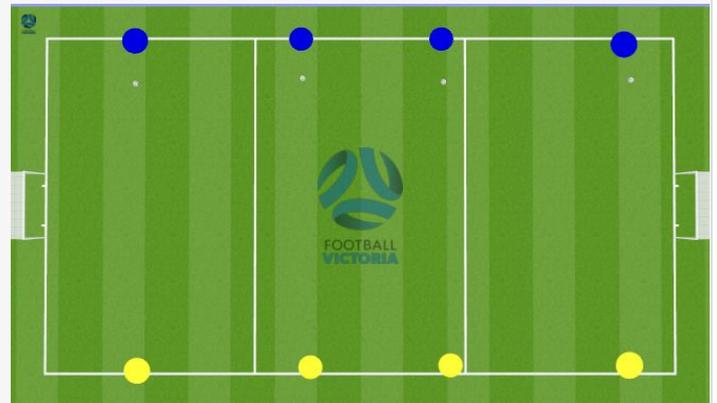
- Create 2 teams and split them on opposite sides with opponents facing each other
- On coach's call, one team with the ball will run into the grid towards their defender to create a 1v1 situation
- Player with the ball must beat their direct opponent and attempt to get the ball to the opposite end in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

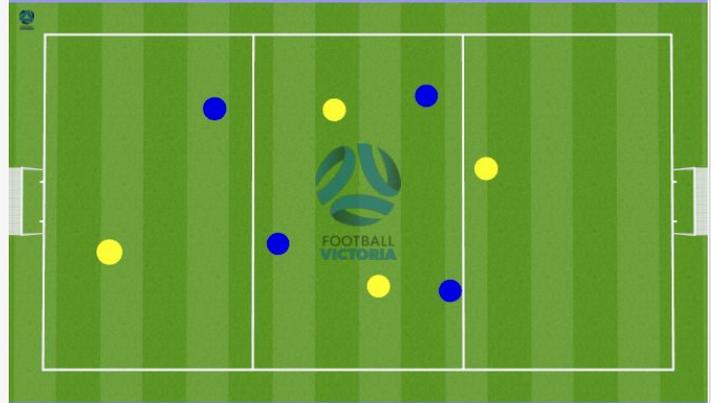
- Normal game, 1 point for a goal
- A goal is worth the number of take ons prior to the goal being scored (e.g. 3 takes ons + goal = 4 points)

### 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

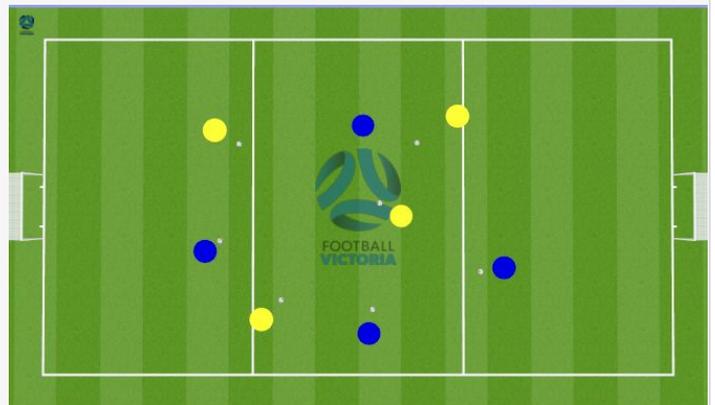
- Split players into 2 teams, each player with a ball
- Players to dribble with the ball inside the pitch, avoiding other players
- On coaches call/whistle, players are to run with the ball towards an opponent and perform a 1v1 move
- Coach can stop the practice to demonstrate some 1v1 moves including: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

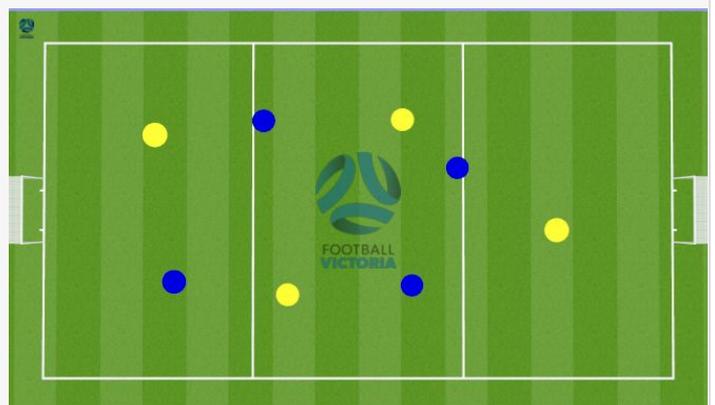
- 20m x 15m area
- Balls
- Bibs
- Mini Goals

### 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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