



Week 4 - 1 v 1 (Level 1)

Category: Technical: Defensive skills
Difficulty: Beginner

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Individual-Adult Member

Description

Skill Introduction (10 mins)

Instructions:

Depending on training numbers use 1 or 2 halves of the training, no more than 10 players per half.

Split team into equal numbers on each half of the training area.

5 or 6 players in each half begin with a ball.

3 or 4 players enter the area from different sides and try to get a ball by going 1v1.

If a player gains possession they continue dribbling with the ball.

The player who loses possession must go 1v1 with a different player.

The players who have possession of a ball after 4 minutes are the 'winners'.

If a player kicks/tackles ball out of area, that player returns the ball to the dribbler.

Switch tacklers and dribblers or players across halves and restart for another 4 minutes.



Skill training (20 mins)

Instructions:

Split team into equal numbers on each half of the training area and then split into defenders and attackers.

Yellow cone marks the scoring zone. Play starts from the scoring zone.

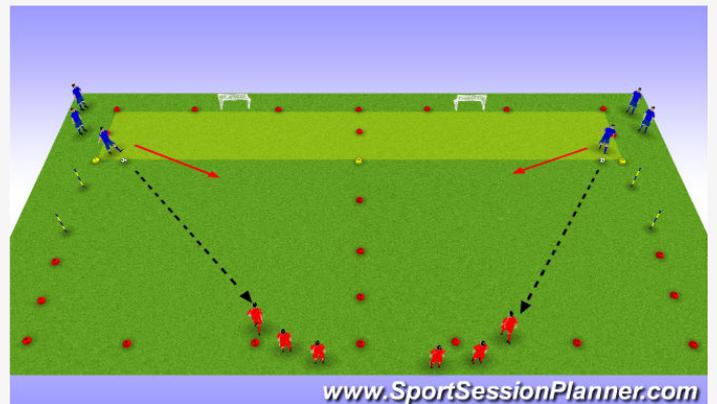
Defender passes accurately to the attacker and then defends the mini-goal 1v1.

Attacker must get into the scoring zone before shooting.

If the defender win possession, they aim to dribble over the attackers end line.

When 1v1 play is complete, defender goes to the back of attacker queue, attacker to defender queue.

Coach to start a countdown to end the play if the play is taking too long.



Skill Game (30 mins)

Instructions:

Standard match game 15 minutes each half.

Promote the skill that has been taught during the training session. Look to see if the skill has been learnt.

If required, also use the 30 minute match time to work on match day issues or ideas.

