



## Week 9 - 1 v 1 (Level 2)

Category: Technical: Coerver/Individual Skills  
Difficulty: Beginner

Mike Penny, Sydney, Australia  
Individual-Adult Member

### Description

#### Skill Introduction (10 mins)

##### **Instructions:**

Players dribble within the middle square. Heads up being aware of players around them.

On coaches call players body feint and dribble the ball into either square A or B.

Players to dribble into the square furthest away from their starting position.

Players to accelerate into chosen square.

When all players have left the middle square they are allowed to dribble the ball back into the middle square and the drill starts again.

##### **Progression:**

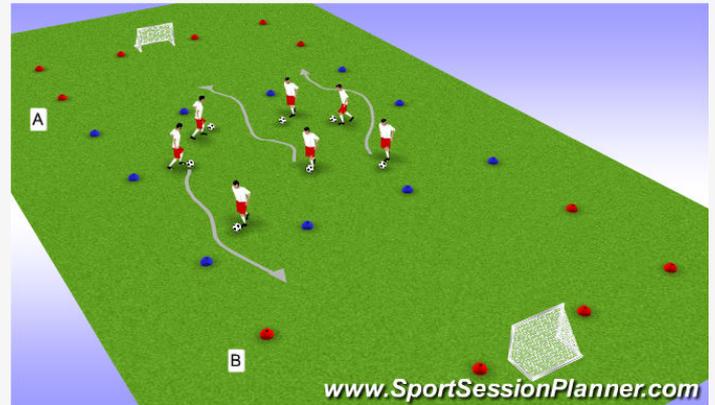
Coach numbers the players from 1 - 3 or 1 - 4 depending on training numbers. Players need to remember their numbers.

Players dribble the ball within the middle square.

Coach calls a number and those players dribble into square A or B (the square furthest away from their starting position). When in square A or B the player shoots at goal.

Player retrieves their ball and continues dribbling in the middle square.

Coach calls another number and the drill continues.



#### Skill Introduction - Cross the canal (5 mins)

##### **Instructions:**

Runners have to cross the canal from zone A to zone B.

One group position themselves in the centre grid and are the defenders. Defenders cannot leave the centre grid. There needs to be less defenders than runners.

All other players are runners with a ball each in grid A.

On the coaches signal they must all dribble to grid B.

The defenders must eliminate runners by kicking the runners balls out of the centre grid.

When a defender kicks the ball out of the grid, the runner has to get the ball and start to juggle on the side until a new game starts.

Continue until all players have had a chance to be runners and defenders.



#### Skill Training (20 mins)

##### **Instructions:**

Two teams are divided into 2 groups of equal numbers and positioned as shown.

Groups 1 and 3 have a ball each. The exercise starts with 1 passing the ball to 2. 1 then runs around the cone to receive the ball back from 2. At the moment 1 starts their run around the cone, 3 also starts to run around the opposite cone.

1 must now try to beat 3 in a 1 v 1 to enter the shooting area and finish on goal.

3 can only defend in the grid and is not allowed to enter the shooting area.

The action stops when 1 has finished on goal or 3 captures the ball from 1

or the ball goes out of the grid.

After the action has finished the players involved move as follows:

1 to group 2 (1 give ball to 2)

2 to group 1 (bring ball)

3 goes back to group 3



## Skill Game (25 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.

