

1 v 1 Model Session 3

1. Skill introduction

Positioned inside a large grid of approximately 40m x 40m are a number of 5m x 5m triangular grids. The players are split into 2 groups (orange and yellow) of equal numbers, orange with ball and yellow without.

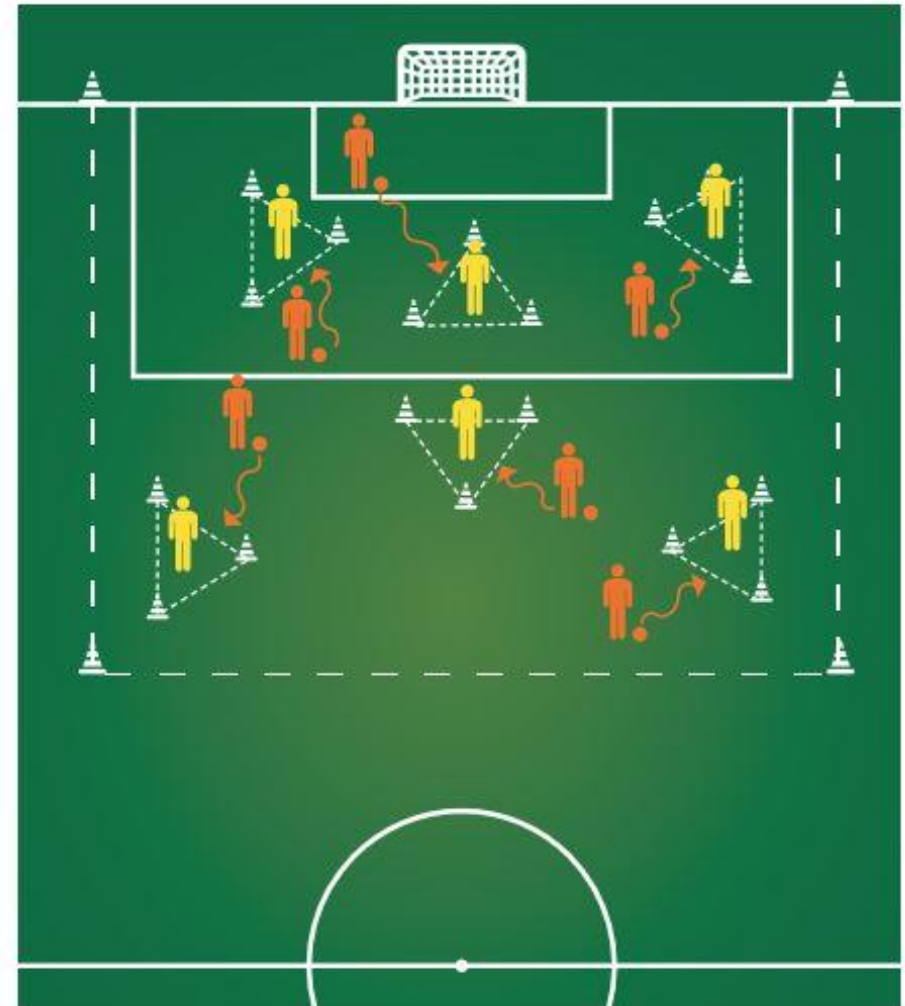
The number of triangular grids equals the number of players per group.

Of the group without the ball, each player must stand inside a triangular grid (see diagram).

The orange players dribble around the area and 'attack' the triangles from any possible side. Only one player can attack a triangle at the same time (awareness; communication).

The yellow players have to 'defend' the borders of their triangles (**passively** at the beginning).

Change roles of groups regularly.



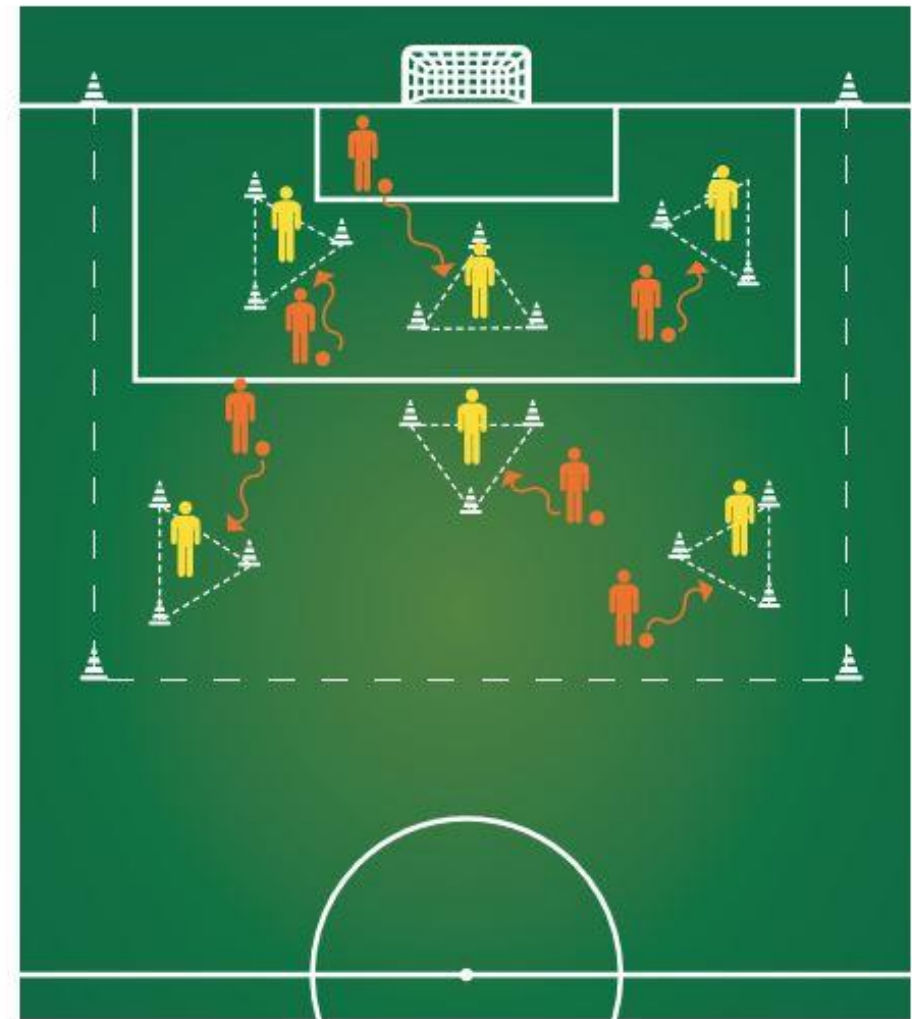
1 v 1 Model Session 3

Player Actions/Tasks to encourage:

- "Make feints" (free choice or prescribed)
- "Now only use your weaker foot"
- "Now increase the tempo but avoid collisions" ("heads up")
- "Defenders, gradually raise the resistance"
- "Defenders now full resistance, try to stop the attackers entering your grid"

Concluding Game:

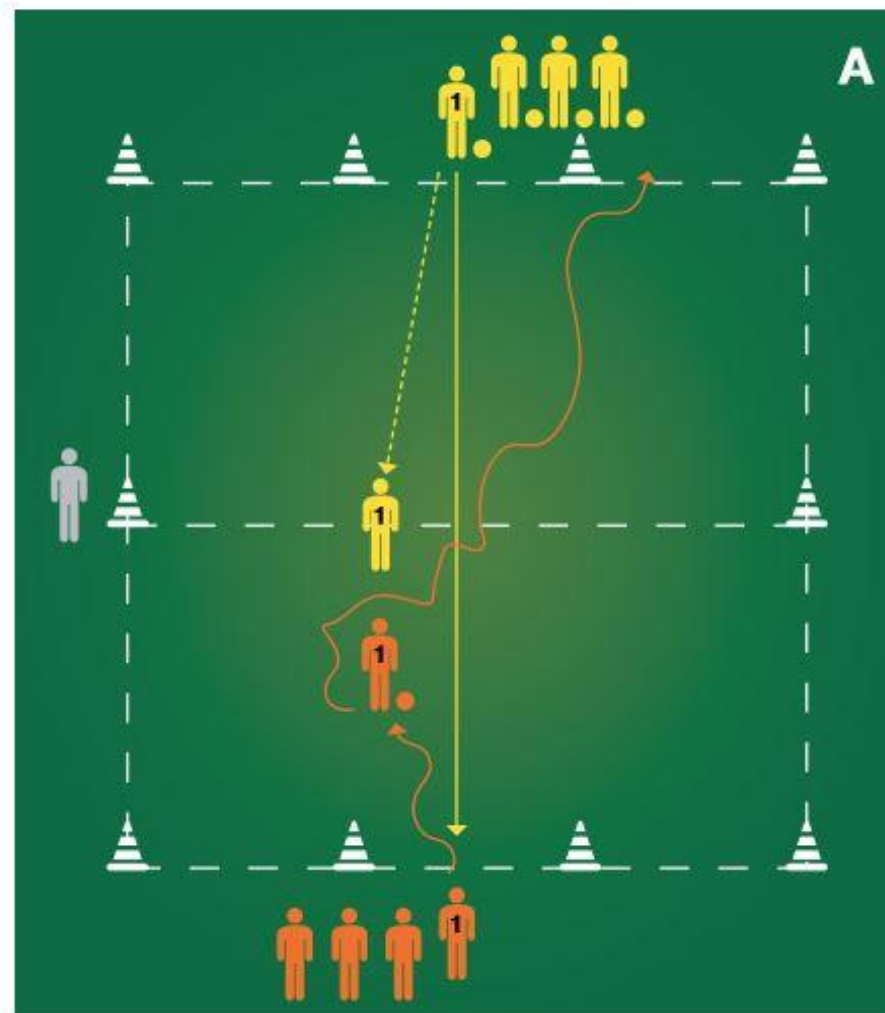
- Each player individually counts the number of times they are able to beat a defender and dribble through their triangle.
- "You have 2 minutes"
- "What is the group's total?"
- "OK, now change roles and see if your group can beat that number"



1 v 1 Model Session 3

2. Skill training component

- A grid of approximately 15m x 15m with a halfway line and three gates of 5m at each byline
- Two groups (yellow and orange) of 4 players positioned opposite one another in the middle gate (see diagram A)
- Yellow group with a ball each; orange without a ball
- #1 yellow passes to #1 orange and immediately sprints to the halfway line (yellow must start defending on or over the halfway line, waiting in own half is not allowed)
- Orange #1 receives the ball and takes on yellow #1 at speed, trying to get past them and score by dribbling through the left or right gate
- The action stops when orange scores or yellow wins the ball
- Orange #1 now takes the ball and joins the yellow line while yellow #1 joins the orange line
- After everyone's had a turn, the oranges now become the defenders and yellow the attackers
- "Count the number of goals: who scored most?"



1 v 1 Model Session 3

Possible Coaches Remarks:

ATTACKER	DEFENDER
"Go at the defender with speed"	"Show the attacker one way"
"Use a feint to put the defender off balance"	"Bend your knees and stand on your toes so you're able to change direction quickly"
"Threaten to pass to the overlapping player but accelerate past the defender instead"	"The best moment to commit is when the attacker takes a heavy touch or slows down"

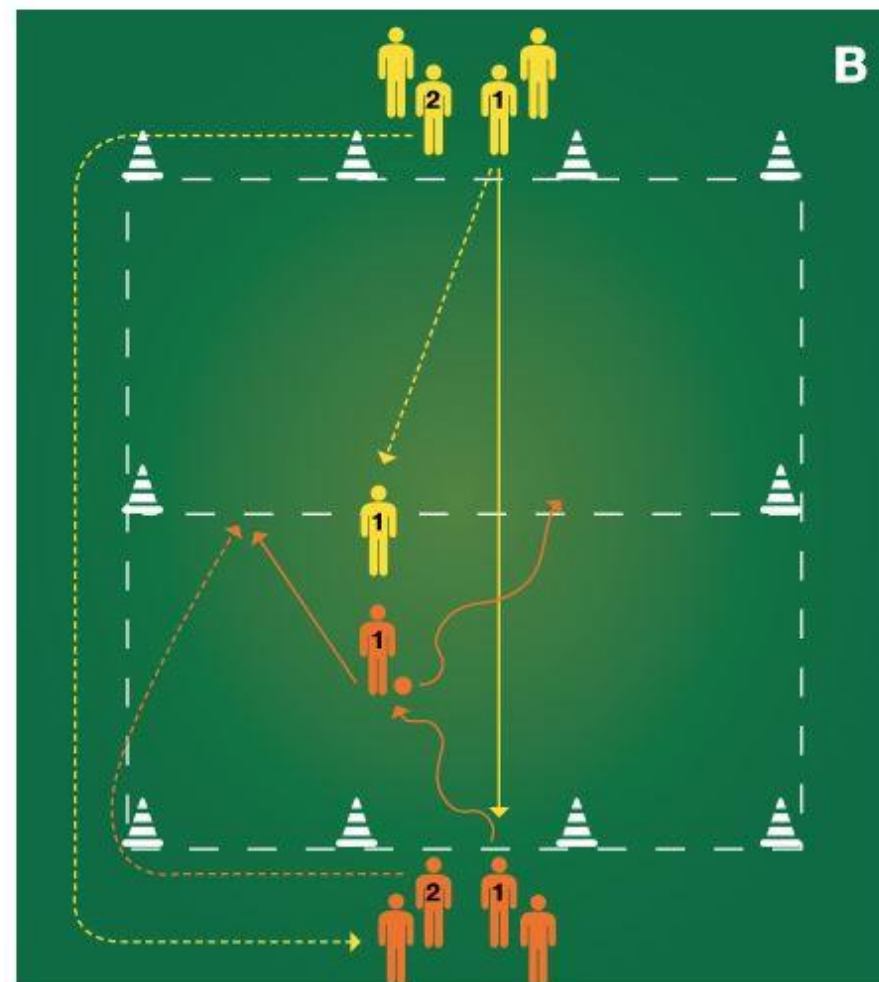
'Don't forget to coach the defenders'

Progression:

- Defenders can score too when they win the ball
- 2 v 1
- 2 v 2

2 v 1 organisation (see diagram B):

- Pairs of yellow and orange players
- #1 yellow passes to #1 orange and engage in 1 v 1
- #2 orange first runs around one of the corner cones before entering the grid to make it 2 v 1
- #2 yellow skips a turn and jogs around the grid to join the orange line



1 v 1 Model Session 3

3. Skill game

4 v 4 in a grid of approximately 35m x 35m.

There are four gates of 5m-7m positioned as shown, each protected by a defender (gates should be too wide rather than too narrow).

The team in possession of the ball scores a goal when one of their players can beat a defender and run with the ball through one of the gates (from either side).

If the defending team wins the ball, the roles change without stopping the game.

"Which team scores most?"

Step up:

- The attacking team must make a 1 v 1 effort within 15-30 seconds, otherwise the possession goes to the opponent
- Decrease the gate size

Step down:

- Increase the gate size
- Introduce a 'joker'

