

1. Skill introduction

4 markers placed 12-15m opposite of each other with 4 markers centrally in a square 1-1,5m apart (see diagram).

Max. 2 players with ball line up at the markers. On the coaches call two players opposite each other start dribbling to the other side. In the middle they perform a prescribed or free feint to go around the **right side** of the markers and accelerate to the opposite marker. After 2 minutes: now go around the **left side** of the markers.

Progression:

- Speed up tempo (maintain proper execution)
- Take out the markers (perception and communication)

Concluding Tagging Game:

All players move with a ball inside a 15x15m grid. 1 or 2 “taggers” (holding a bib in their hands) chase the other players and try to “tag” them.

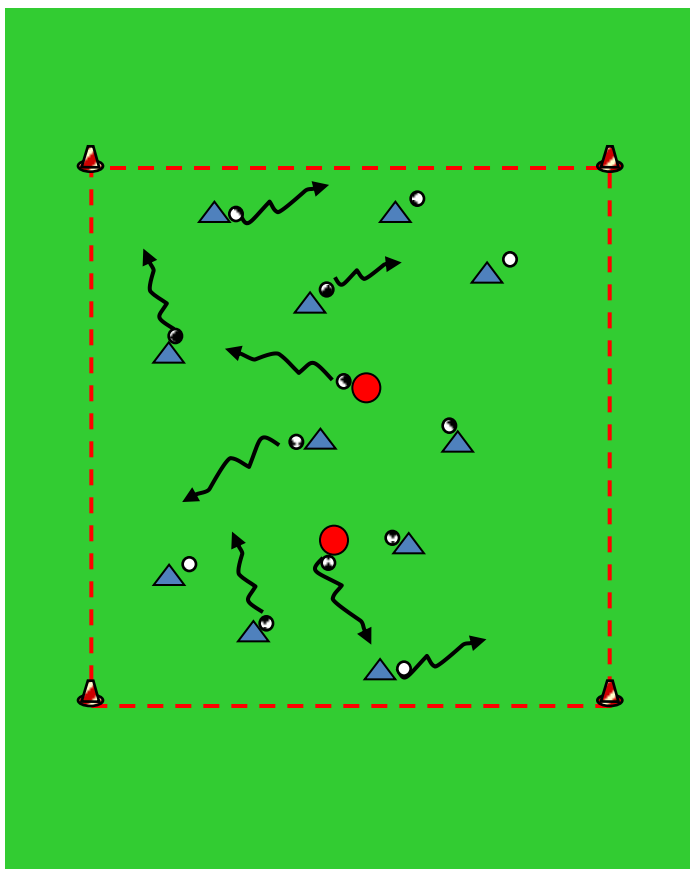
All players (taggers and runners) MUST keep their ball under control at all times

A player who is tagged or loses control over the ball or runs out of the grid must change roles with the tagger.

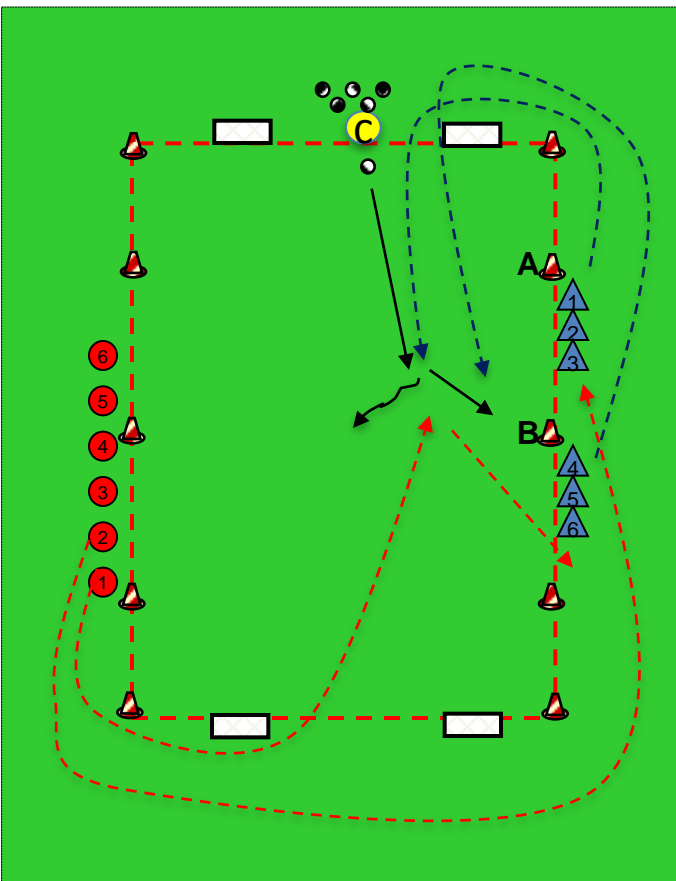
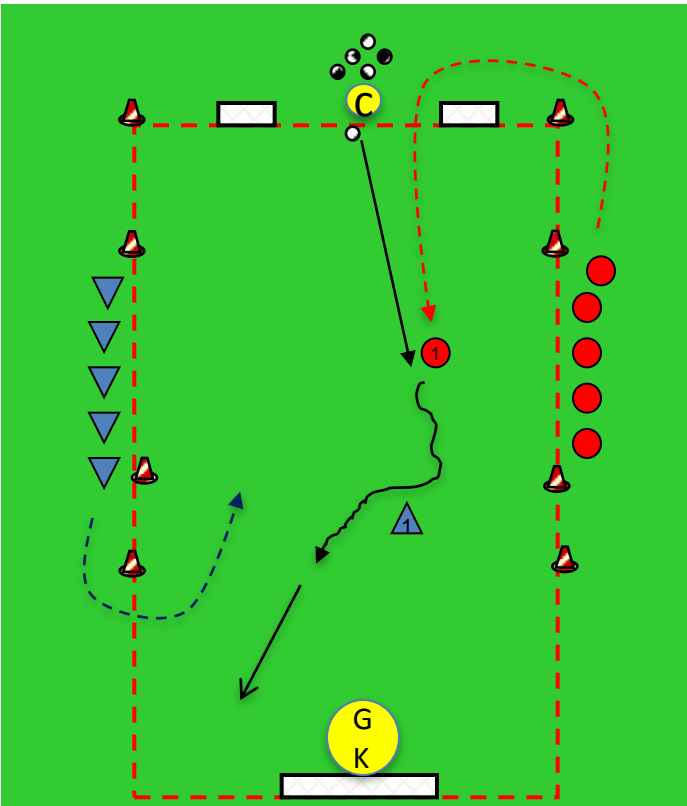
The same rules apply for the tagger(s): they cannot tag someone unless they have the ball under control.

To make it easier/more difficult (for taggers):

- More/less taggers
- Smaller/bigger grid



1 v 1 model session 1



2. Skill training component: Refer to various set ups depending on GK involvement or No GK

In a grid of approximately 20 x 30m two small goals are placed on each back line with markers on the corners and on the touchline at 5m from the corners to mark the 'scoring zone' .

Two teams of 6 line up behind the markers on the touchline as shown.

The coach is positioned with the balls between the two goals on one side of the pitch. .

On a signal from the coach red and blue players # 1 sprint around the corner marker and the nearest goal. The coach starts with serving in favor of the red players who take on the blue players at **maximum** speed. The attacker can finish in either of the 2 goals but must finish from **INSIDE** the 5m 'scoring zone' .

If the defender wins the ball they can score in one of the opposite goals (one attempt max. each). When the action has ended the players line up on the opposite side

The coach can manipulate the 1v1 through the angle with which they serve the ball. Prefer to serve from behind the goal.

Regularly switch sides from where the attackers and defenders start

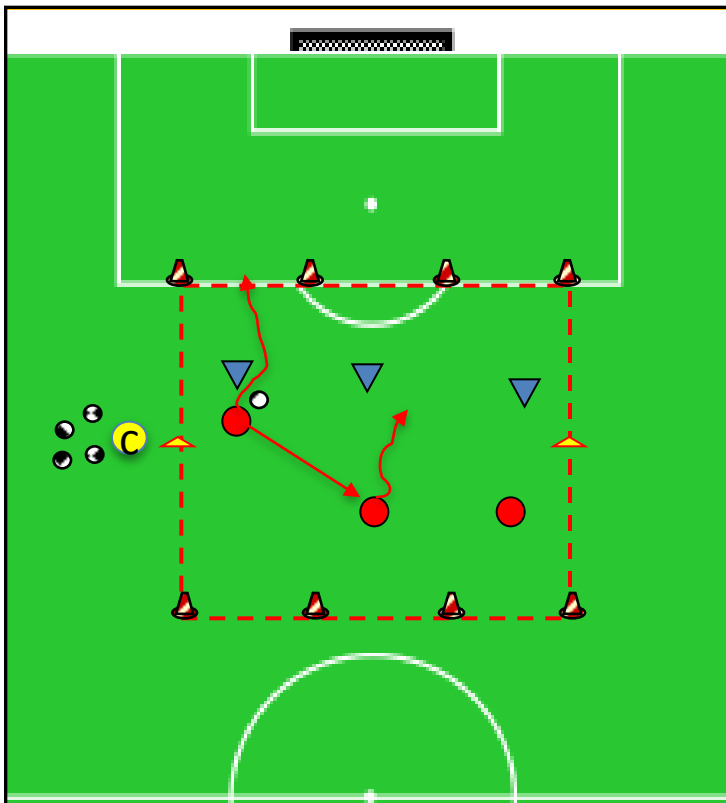
Progression: 2 v 1 (overlap) and 2 v 2. Must start with 2v1. ie develop decision making

Place extra markers halfway both touchlines and give all players a number as shown. Blue 1-3 line up behind cone A; blue 4-6 behind cone B. On the coach's signal #1 blue and red run around the corner marker and the nearest goal to engage in a 1 v 1 (coach serves to blue). Blue 4, who has started at the same time but further back, overlaps (timing is critical, OFFSIDE) blue 1 who now has the option of passing to blue 4 or beating red 1 himself. Red 2 runs around the outside and joins the line behind blue 3. After the action has ended, red 1 joins behind blue 6, blue 1 and 4 join on the end of the red line.

Further developments:

- Red attacks; blue defends
- 1-3 change positions with 4-6
- Change sides: attackers and defenders enter the field from the other side ("turn around and face the other way")

1 v 1 model session 1



3. Skill Game:
3 v 3/4 v 4 with the emphasis on 1 v 1

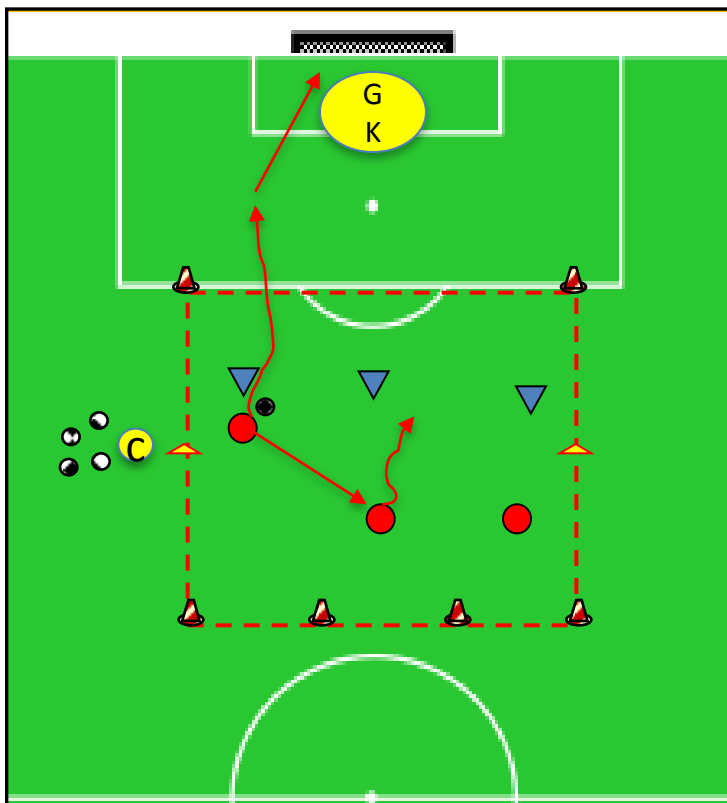
- Pitch approximately 20m long and 30m wide.

Explanation:

- Red team plays blues (one ball only).
- You can ONLY pass the ball backwards
- The objective is to beat the player in your zone and score by dribbling the ball over the end line.
- Defenders win the ball and then attack opposite end line

Variation (easier):

- Larger grids
- Appoint a “neutral” player who always plays with the team that has possession of the ball



Variation (progression) With GK:

Blue team defends and attempts to dribble ball over end line. If they score they then attack big goal

No forward passes in the playing grid

You can only play a forward pass or shot in the scoring zone ie in this case 18yd box.

If you score you keep ball and attack big goal again

This can be played with 2v2 up to 6v6. Vary width

to accommodate more players