

## 1. Skill introduction

Positioned inside a large grid of approximately 40x40m are a number of 5x5x5m triangular grids. The players are split in 2 groups (red and blue) of equal numbers, red with ball and blue without. The number of triangular grids equals the number of players per group.

Of the group without ball, one player stands inside each triangular grid (see diagram). The red 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 blue players have to 'defend' the borders of their triangles (**passively** at the beginning).

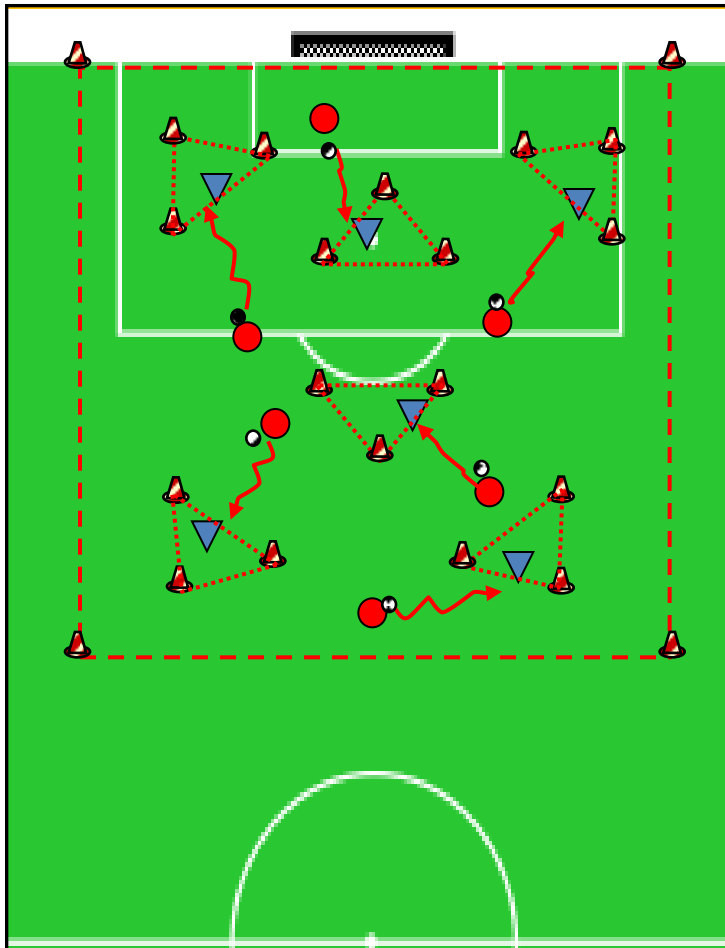
Change roles of groups regularly

### Player Actions/Tasks to encourage:

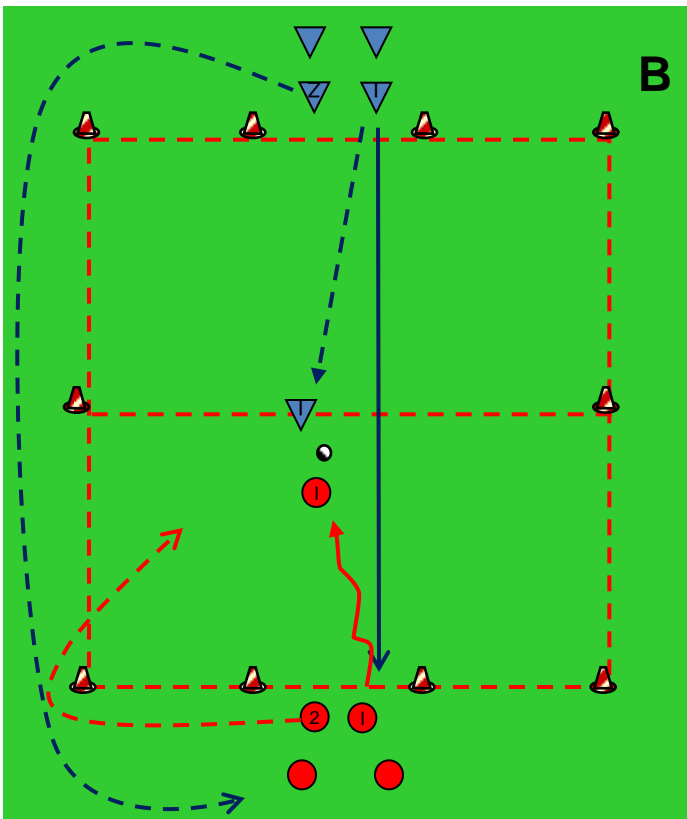
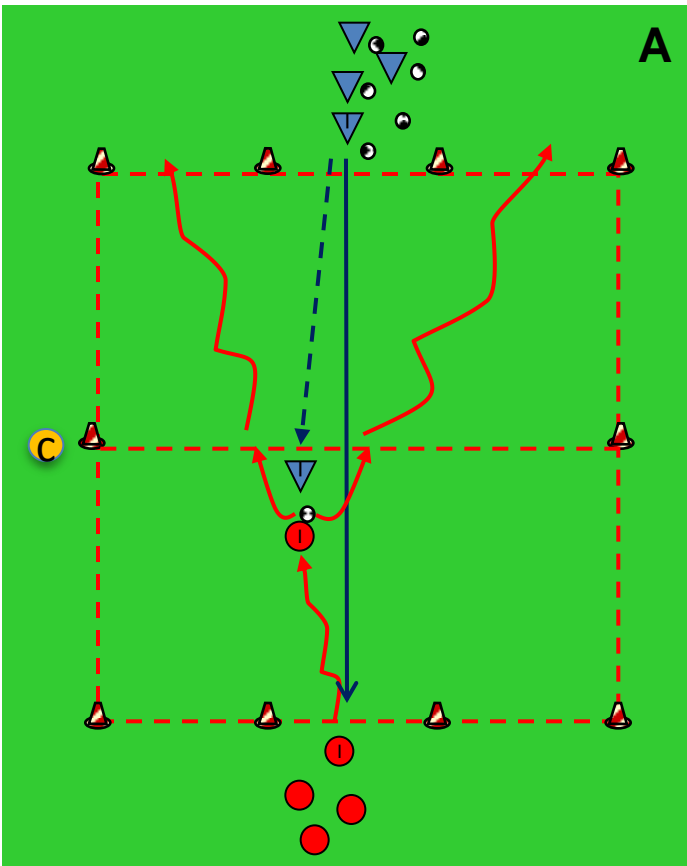
- "Make feints" (free choice or prescribed)
- "Now only use your weaker foot"
- "Now increase the tempo but avoid collisions" ("heads up")
- "Defenders, gradually raise the resistance"
- "Defenders now full resistance, try to stop the attackers entering your grid"

### Concluding Game:

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



# 1 v 1 model session 3



## 2. Skill training component

- A grid of approximately 15x15m with a half way line and 3 gates of 5m at each back line
- Two groups (blue and red) of 4 players positioned opposite of one another in the middle gate (see diagram A)
- Blue group with a ball each; reds without ball
- #1 blue passes to #1 red and immediately sprints to the half way line (blue **must** start defending on or over the half way line, waiting in own half is not allowed)
- Red #1 receives the ball and takes on blue #1 at speed, trying to get past him and score by dribbling through the left or right gate
- The action stops when red scores or blue conquers the ball
- Red #1 now takes the ball and joins the blue line while blue#1 joins the red line
- After everyone took a turn, the reds now become the defenders and blue the attackers
- “Count the number of goals: who scored most?”

### Player Tasks:

- “go at the defender with speed”
- “use a feint to put the defender off balance”
- “threaten to attack the left gate and then suddenly attack the right gate”

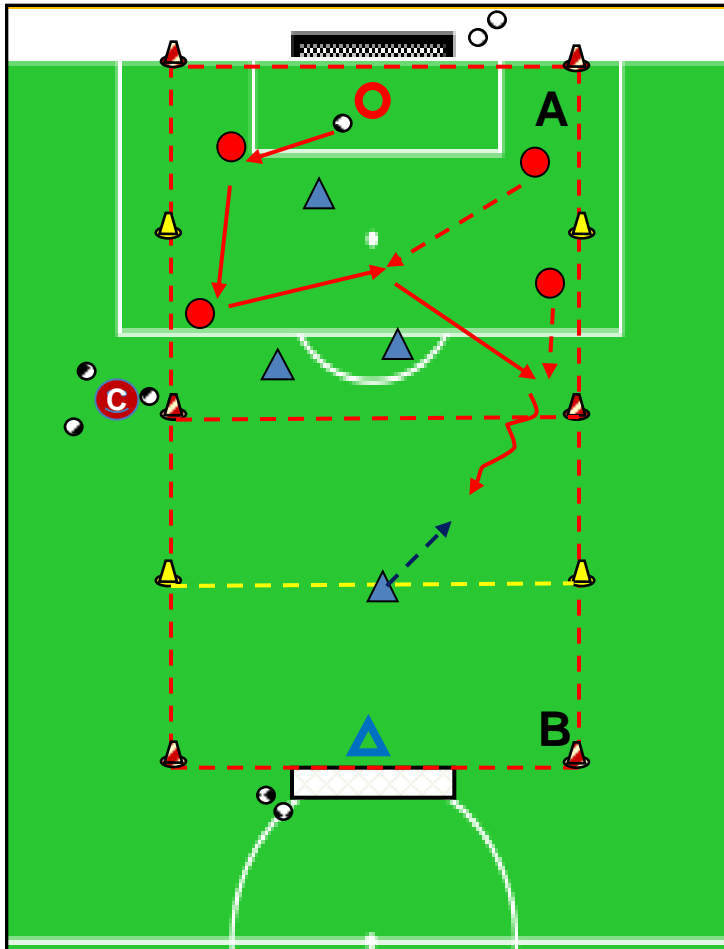
### Progression:

1. Defenders can score too when they win the ball
2. 2 v 1
3. 2 v 2

### 2 v 1 organization (see diagram B):

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

# 1v1 model session 3



## 3. Skill game

4 v 4 on a long and narrow pitch with big goals and goal keepers. There is a half way line and each half has a half way line as well (see diagram).

The red goal keeper starts the game with all 4 red players and 3 blue players in their defensive half

One blue player is standing in their own half on the yellow line.

In grid A the situation is therefore 5 (red) v 3 (blue).

### Red can score by:

- Releasing one player into grid B who beats the waiting defender 1 v 1 and scores = 3 points
- Making 10 un-intercepted passes in grid A = 1 point (this to avoid blue passively waiting at half way line)

If red scores the game starts again in grid A

If the blue defender or goal keeper win the ball in grid B, the game restarts in grid B with possession for the blue team

If blue wins the ball in grid A, they have to play the ball back to their goal keeper in grid B to restart

See to it that there is each time a new defender (number the players)

### Variations:

- 1 or 2 small goals without goal keepers
- no goals but 'line-football'

### Increased Challenge:

- 2 touches only in 5 v 3
- A second attacker can cross the half way line: 2 v 1
- Narrow the pitch

### Decreased Challenge:

- Reduce the number of un-intercepted passes to 7-5-3
- Widen the pitch