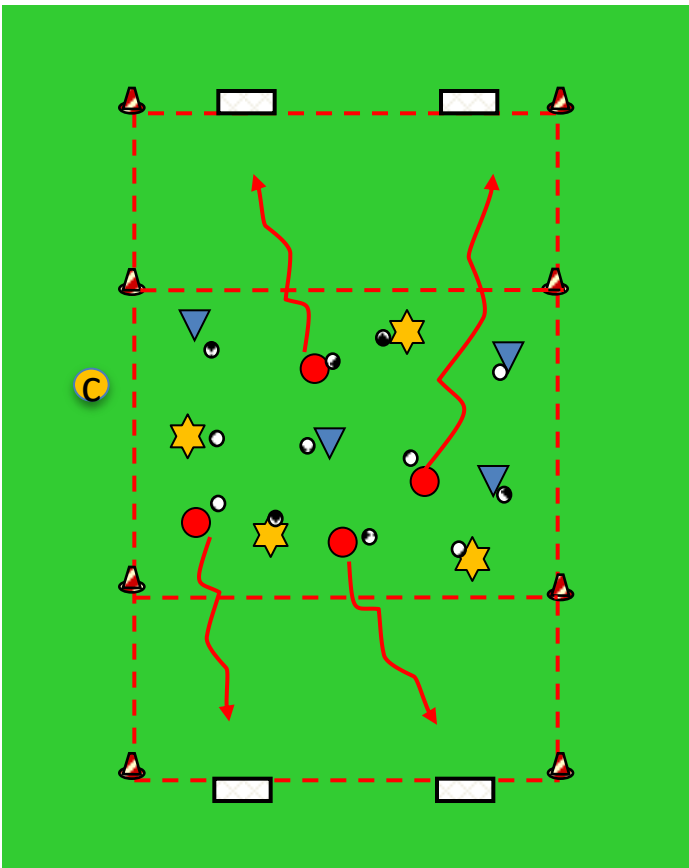


# 1 v 1 model session 2



## 1. Skill introduction

- In a grid of 20x40m with two 2m goals
- All players have a ball and dribble in the middle grid
- Avoid collisions (balls **and** players)
- Make feints (free choice)
- Accelerate after feint into free space left or right of the middle grid.
- Number all players 1-3, on call of a number these 4 players ( i.e. all 1' s) feint and accelerate out of grid and finish in **separate** goals (awareness; communication and decision making!), get their ball and return to grid.

Concluding Game: 'cross the canal' to free zone on other side

Use the same grid as above but decrease the length of the central grid to approximately 10m. Each group of 4 take a turn as defenders in the middle grid.

The other players all have a ball and wait for the coach's signal to run to the 'free zone' at the opposite end

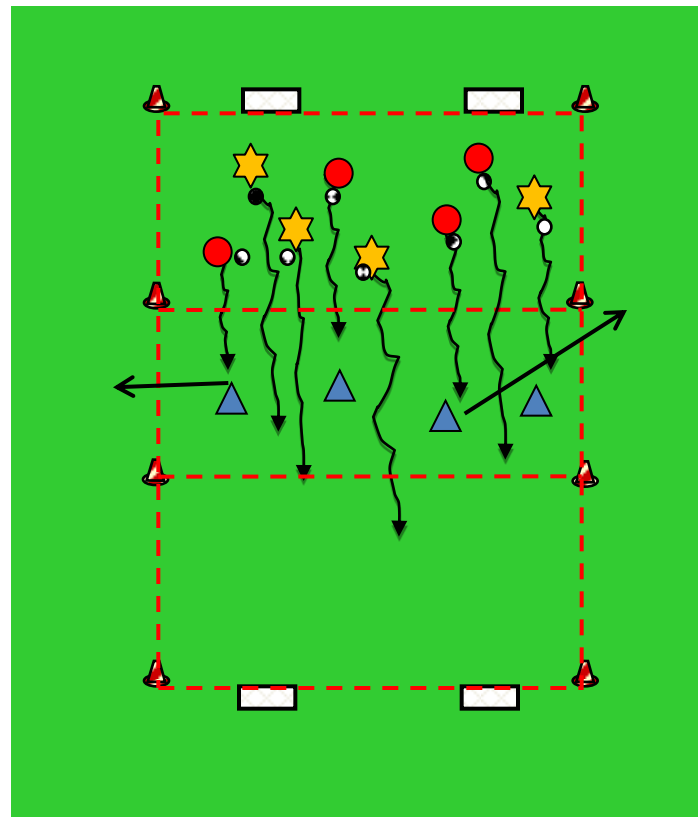
The defenders must eliminate runners by kicking the runners balls out of grid.

When a defender kicks your ball out of the grid, you have to get it and start to juggle on the side until a new game starts.

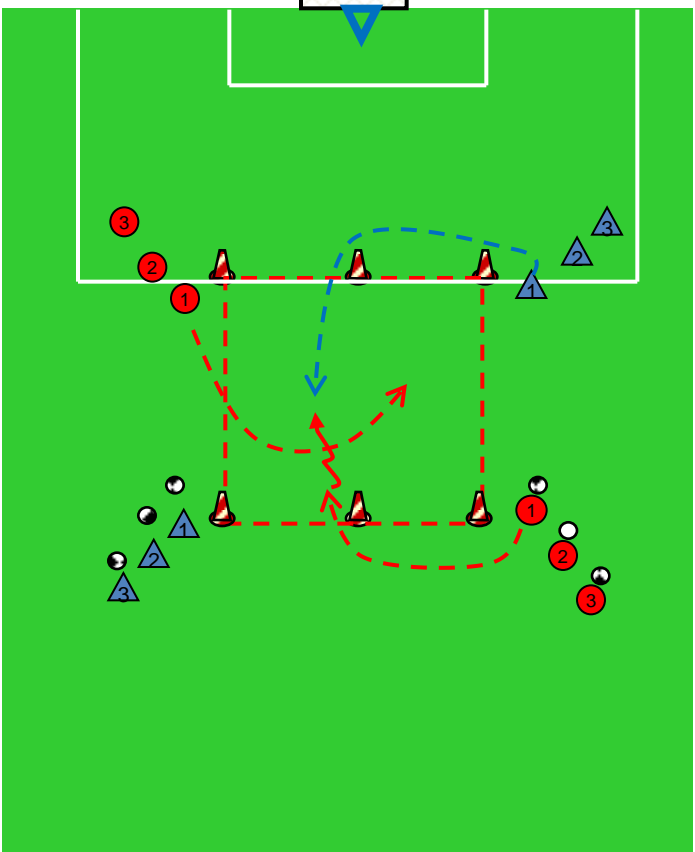
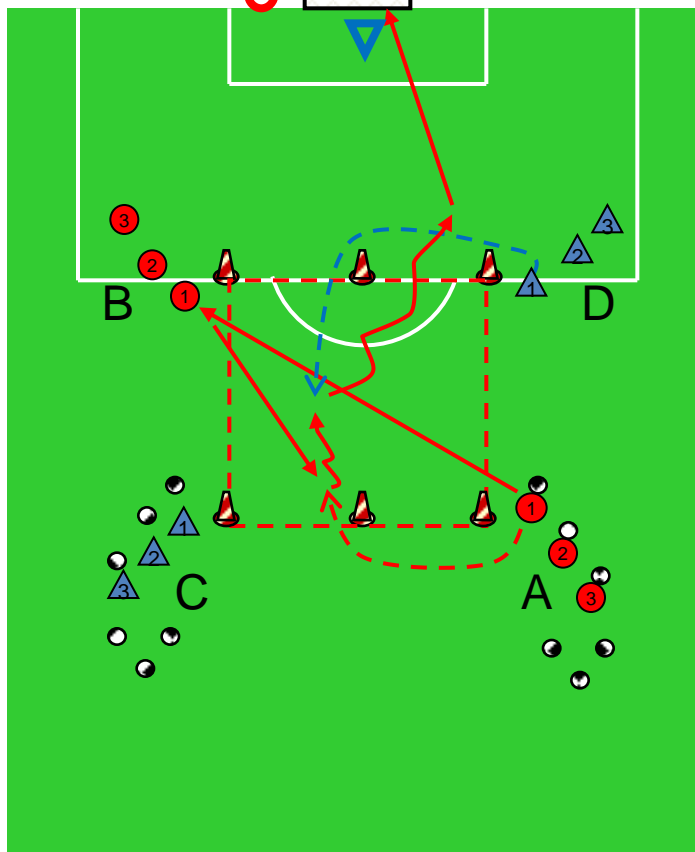
- "who wins?" (fastest time by defenders or last runner standing)

Variation:

- win a ball and keep it? (swap roles)



# 1 v 1 model session 2



## 2. Skill training component

### Organization:

Outside the penalty box is a 15x15m grid with 6 cones placed as shown in diagram on the left.

Two teams (red and blue) are divided in 2 groups of equal numbers and positioned as shown.

Groups red A and blue C have a ball each.

The exercise starts with A1 passing the ball to B1.

A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone.

A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal.

D1 can only defend in the grid and is not allowed to enter the penalty box.

The action stops when A1 has finished on goal; D1 captures the ball from A1 or the ball goes out of the grid.

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

- A1 to group B (bring back the ball)
- B1 to group A (take ball from A1)
- D1 to group C

Next sequence is C1 passing to D2 with B2 defending.

“which team can score the most?”

### Player Tasks:

“go at defender with speed”

“ use a feint to put the defender off balance”

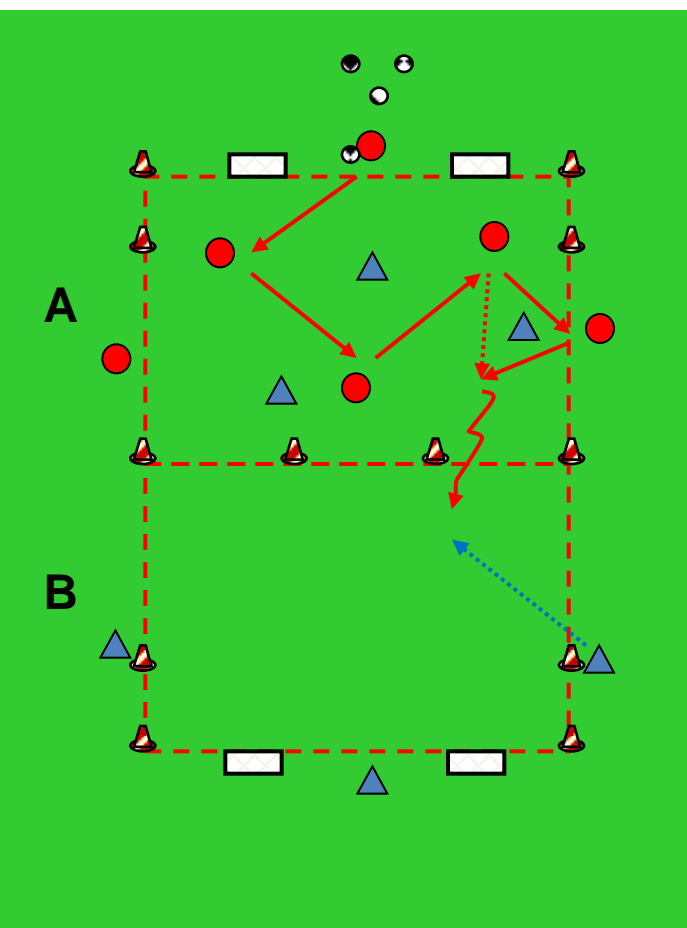
Step Down: ‘passive’ defending by the defenders

Step Up: 2 v 1 ( ‘overlapping’ player)

After passing to A1, B1 now ‘overlaps’ A1 to make it

2 v 1 (see diagram on the left)

# 1 v 1 model session 2



## 3. Skill game

### Explanation:

Grid Size: 40 x 30m (dependent on ability) divided in 2 grids of 20 x 30m by a half way line of 4 cones (see diagram)

Two small (2m) goals on each back line and a 5-7m shooting line at each end.

2 teams of 6 players each divided in groups of 3. The game starts in grid A with the red team in possession.

3 players of each team inside the grid and 3 red players outside the grid as walls (see diagram). The 3 remaining blue players position themselves as shown (one between the goals and 2 at the shooting line cones)

The game in grid A is 3 v 3 + 3 bouncers (6 red v 3 blue)

The intention of the red team is to get a player running with the ball across the half way line into grid B and score in 1 of the 2 goals (from inside the scoring zone).

At the moment the red player crosses the half way line one of the blue players enters the grid to attack the red player (1v1).

Which defenders goes in depends on the 'gate' through which the attacker enters grid B (see diagram)

### Evaluation:

- Session Objective Achieved?

- Next Steps?:

- Other Notes:

- If a goal is scored by red - game starts again with red in grid A
- If the blue defender captures the ball in grid B the game restarts in grid B with blue in possession.
- If in the 6v3 the 3 defenders win the ball, they can score immediately in 1 of the 2 goals
- Regularly change of players in / outside grid