



U13 - U18 Session 2

Category: Tactical: Functional
Difficulty: Moderate

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Description

Aim: 1v1 game with an opponent on the back

Objectives 1: Improving and recognise skills and abilities playing 1v1

Objectives 2: Improving playing the game 1v1 into attacking and defending

Objective 3: To develop the range of motor skills abilities playing the 1v1 scenarios

Duration time: 1,5h

Category: U9-10

Place: Club session

Number of players: 12-16

Equipment: Balls 12-16, Bibs 2x8, Goals 4, Cones, Leaders 2x.

Warm up activities (10 mins)

Set up

Players matched in pairs

Ball Mastery Skills in space.

One performs various exercises (leading, sideways guidance, etc.).

Coaching Points

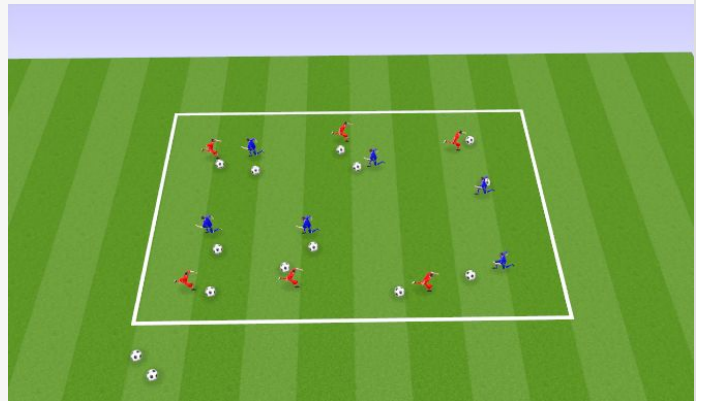
Keep the ball to close their feet

Control the distance between our partners

Scanning

Progressions

Each player can kick away the ball from any other pairs.



1v1 Game Practice 1 (15 mins)

Set up

The action begins with a pass to opposite side of the area at the end line.

The striker plays against the defender(1v1) after successfully talking

The defender takes a shot to one of the two mini goals set end sidelines.

Players make rotation after performing game 1v1,

Coaching Points

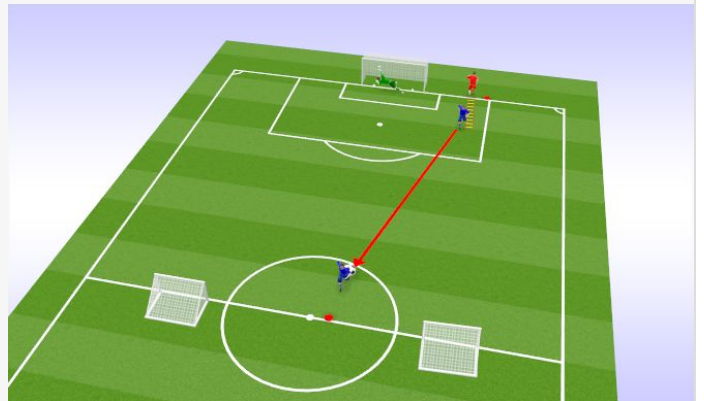
Opponents control

First, touch directly forward

Apply skill before taking the touch (receiving) drop the shoulder

Apply any forwards skill to beat the defenders (scissors, overs steps, fake shot)

Body position when defending the goals.



1v1 Game Practice 2 (15 mins)

Set up

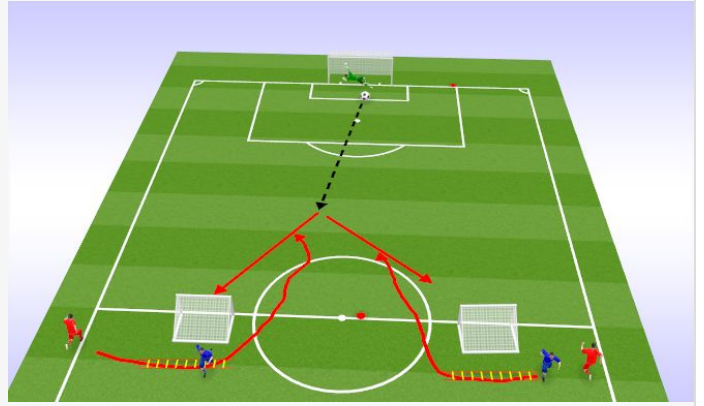
One of the players is the first to run to the positions and receives the ball given to you by the goalkeeper.
Takes the 1v1 and tries to finish one of the two mini goals.
The defender, after winning the ball will then counter attack at large goal defended by the goalkeeper.

Coaching Points

Eye control of the opponent before coming.
Scanning the shoulder before receiving the ball
Soft touch the ball
Apply any skills to request the fastest rotation(turning) face to the target

Progressions

Must play a pass back to GK



Game 7v7 (20 mins)

Set up

The players play the game 7v7. And the aim of the game is to create the situation to play 1v1.

Coaching Points

Controlling the opponent's movements
Scanning before their take the touch
Quick finishing when they have a chance.

Progressions / Adaptations

Three touches, 4 passes before they can score a goal.

