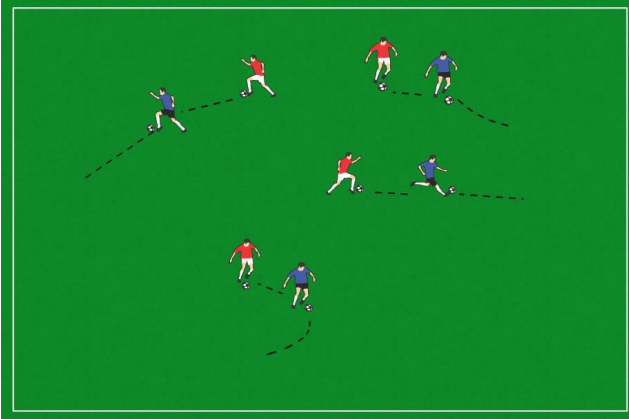




SESSION PLAN – 1 V 1



BEGINNING – Follow the Leader (30 x 20m)

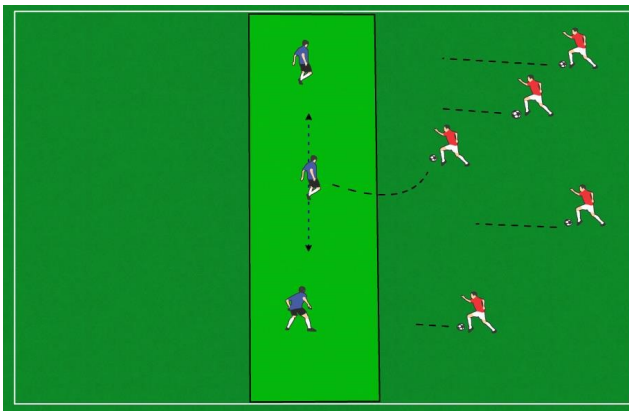
Players get into pairs; one is designated as 'leader' and the other as 'follower'.

The 'leader' moves around the field, changing speed and direction frequently, adding variations.

The 'follower' then copies everything the 'leader' does.

Change roles regularly.

Can you encourage players to use both feet? Can you encourage players to be creative with their variations?



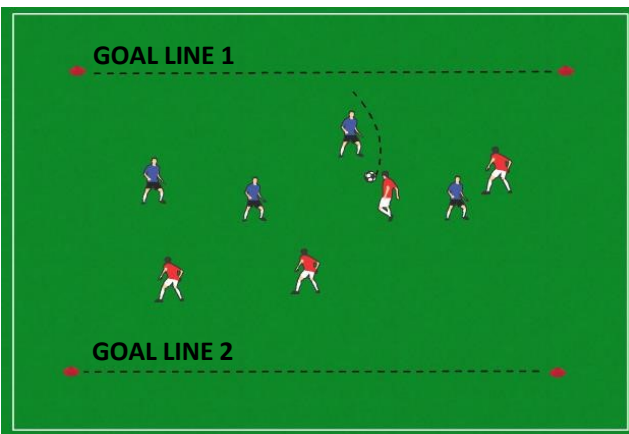
MIDDLE – Octopus Football (30 x 20m)

One player starts as the 'octopus' inside the 'cave'. The 'fish' line up with their 'fish egg'.

On the coaches call the fish must dribble their ball through the 'ocean' and avoid the octopus. The octopus must try and kick away the fish's ball. The octopus is not allowed to leave the cave.

If the fish lose their ball they become 'funky seaweed'. Funky seaweed must try and tag other fishes using only their hands, they cannot move their feet.

Can you encourage players to use both feet? Can you encourage players to identify when to run with the ball into space?



END – Line Football (30 x 20m)

Players are divided into two equal teams and there is one ball for the game.

Each team scores a goal by running with the ball and controlling it over the opposition's end line. You can also create 'end zones' so players score a goal by running with the ball into that end zone.

Players are encouraged to 'take on' other players in 1v1 situations to get around them and score.

Can you encourage players to implement the skills they have been practicing throughout the session?

COACHING BEHAVIOUR – Engagement

- Ensure all players are engaged in a practice
- The more touches of the ball a player gets the more they will be engaged
- Try and get every player to have their own ball and if not ensure they get a touch of the ball at least every 30 seconds
- Ensure all players have a task and a way to score
- Remember all children want to score goals

JUST LET THEM PLAY