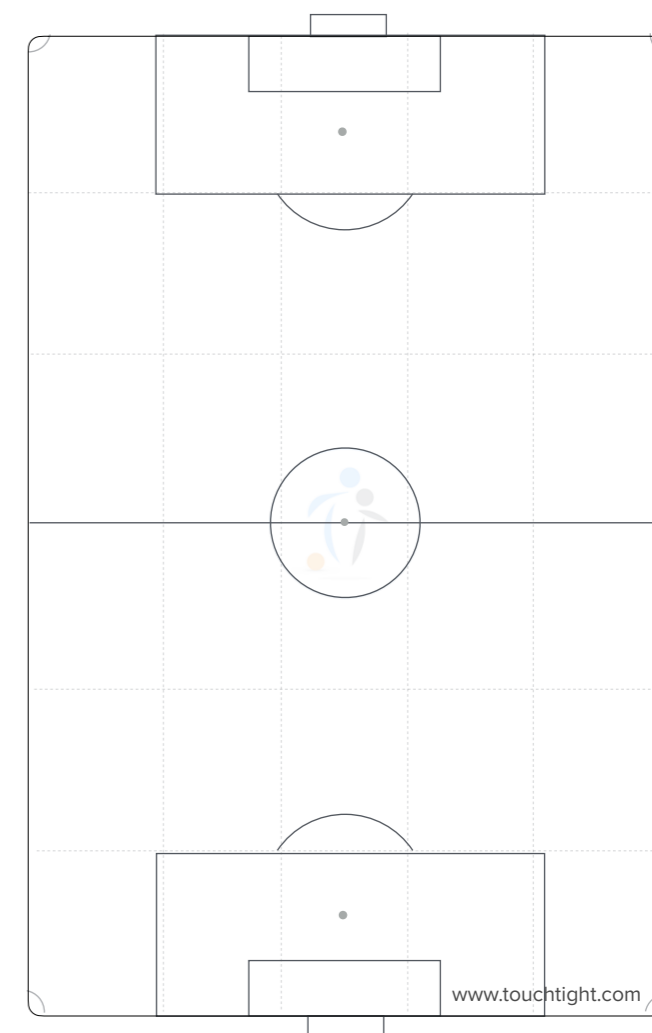
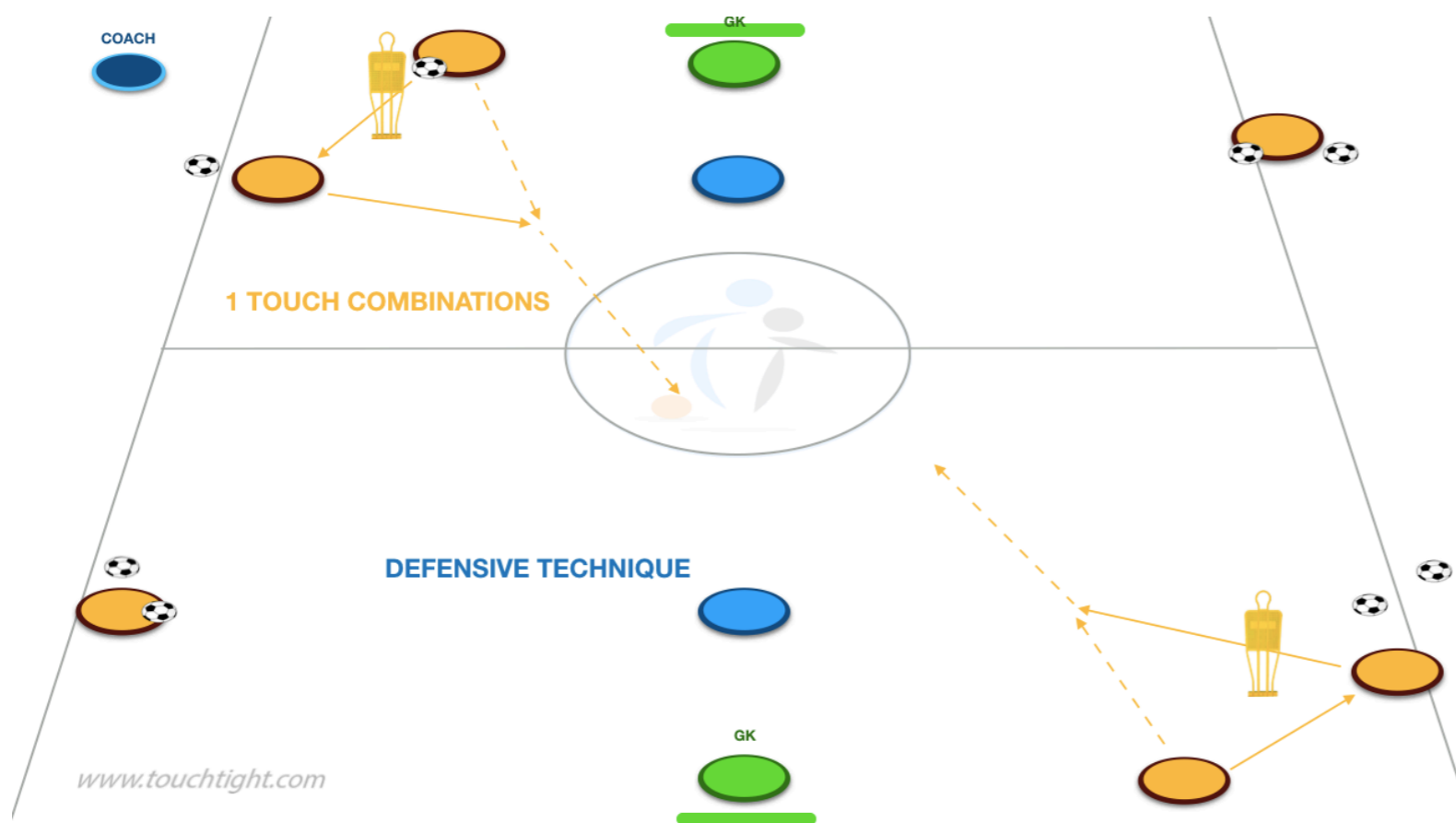




Type: Opposed Skill Practice

Area:

Team Objectives:

**Set up / Organisation:**

- This practice helps to develop 1 v 1 attacking and defending, with an emphasis on attacking player's movement to beat defenders and to lose markers to attack crosses.
- Work both ways with one player passing to a support player who will set for attacking player to drive at the defender to finish against the GK. If defenders win possession they can clear the ball or score in mini goals if coach adds these.

Key Coaching Points:

- **Tactical** | Recognise when and how to take on defender effectively
- **Technical** | Dribbling ability to take player on, plus finishing technique
- **Psychological** | Confidence to beat players repeatedly

Progressions / Constraints:

- Add mini goals for defenders to score in on regaining possession
- Add time constraint as a competition between 2 attacking groups, who can score first or how many goals can the 2 or 3 players score in 2 minutes?

Questions & Notes:

- How are you able to take on players successfully?
- What is each defenders strategy against different defenders?

Work / Rest Ratio: mins sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

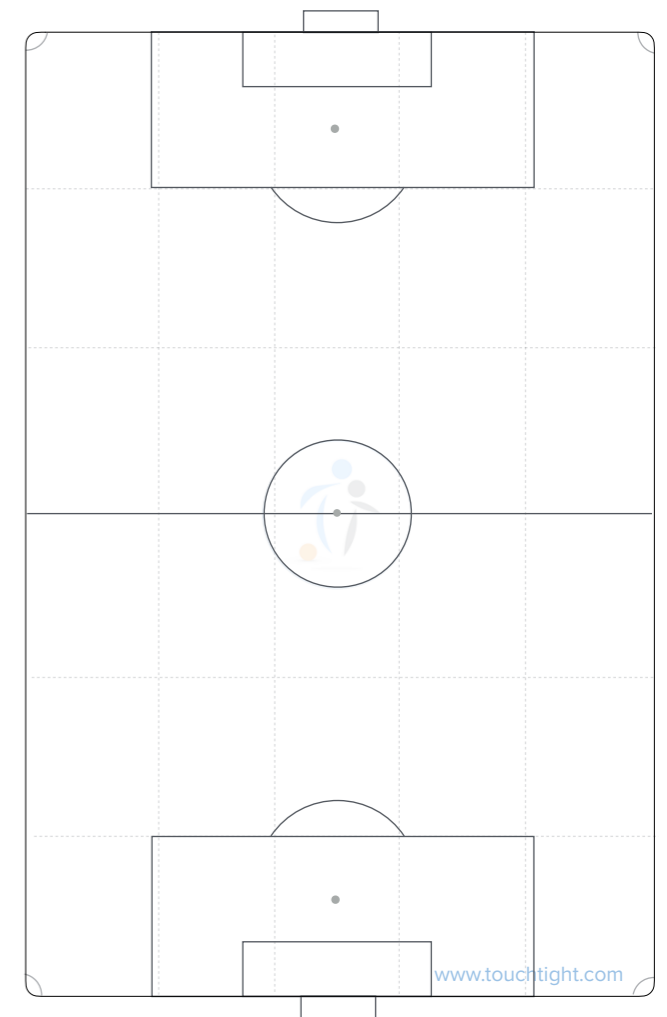
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question

How will we apply this session to a game situation?

