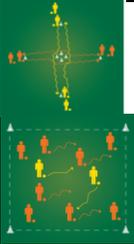
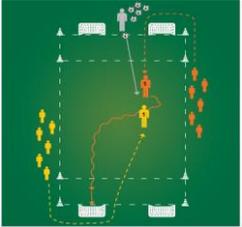




Session Plan



| | | | | | |
|--------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------|----------------------------------------------------------------------------------------------------------------------|
| Topic (Session Objective) | 1 v 1 - To teach players how to 'feint', 'dummy' to be able to get past an opponent. | | | | |
| Date / Team | | | | | |
| S.E.T.U.P | Balls | Bibs | Cones | Players | Attackers - Go at Speed, Use feint, or dummy one side go other. |
| | | | | | |
| Skill Introduction Markers 10 m from centre. 4 markers in centre, no more than 1/2m apart. |  | <p>(1) Max 2 players per cone. On coaches command two players opposite each other start towards each other. In the middle they perform a feint and go around the right side of the markers.</p> <p>(2) Step up - remove markers from middle.</p> <p>(3) Step Up again - have four players go at once.</p> <p>Second Warm Up - Tagging game - everyone with BALL.</p> | | | Speed up temp (maintain proper control) vision |
| Skill Training Grid size 30 x 20, shooting zone 5-7 m out. 50% players on each side. |  | <p>Players line up as shown, on coaches command, run to corner, turn left and enter the field by passing the goal. Coach delivers ball, and players play 1 v 1, with opportunity to score in either goal. If player who gets the ball first, loses possession, then the defender has 5 seconds to score.</p> | | | Defenders-Show the attacker one way, Bend your knees so that you can change direction quickly, wait for the mistake. |
| Skill Game Grid (40x20), cones on half way, equally seperated. |  | <p>Big goals, goal keepers, Each player defends their own gate, but players with ball can go through any gate. Team with ball combines until one player makes a one on one, and then they go to goal to score. If they score, start with ball, if not, ball goes to opposition who do same in reverse.</p> | | | Feints, dummies, make field bigger if not happening, smaller if happening too much. |

CHANGE IT

CHAPTER 11