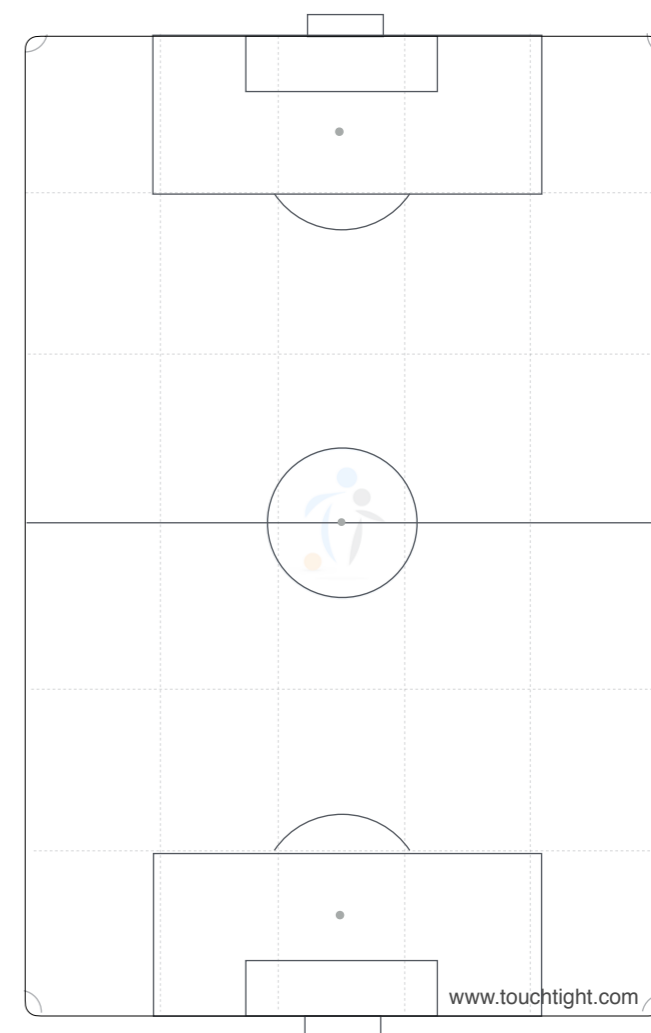
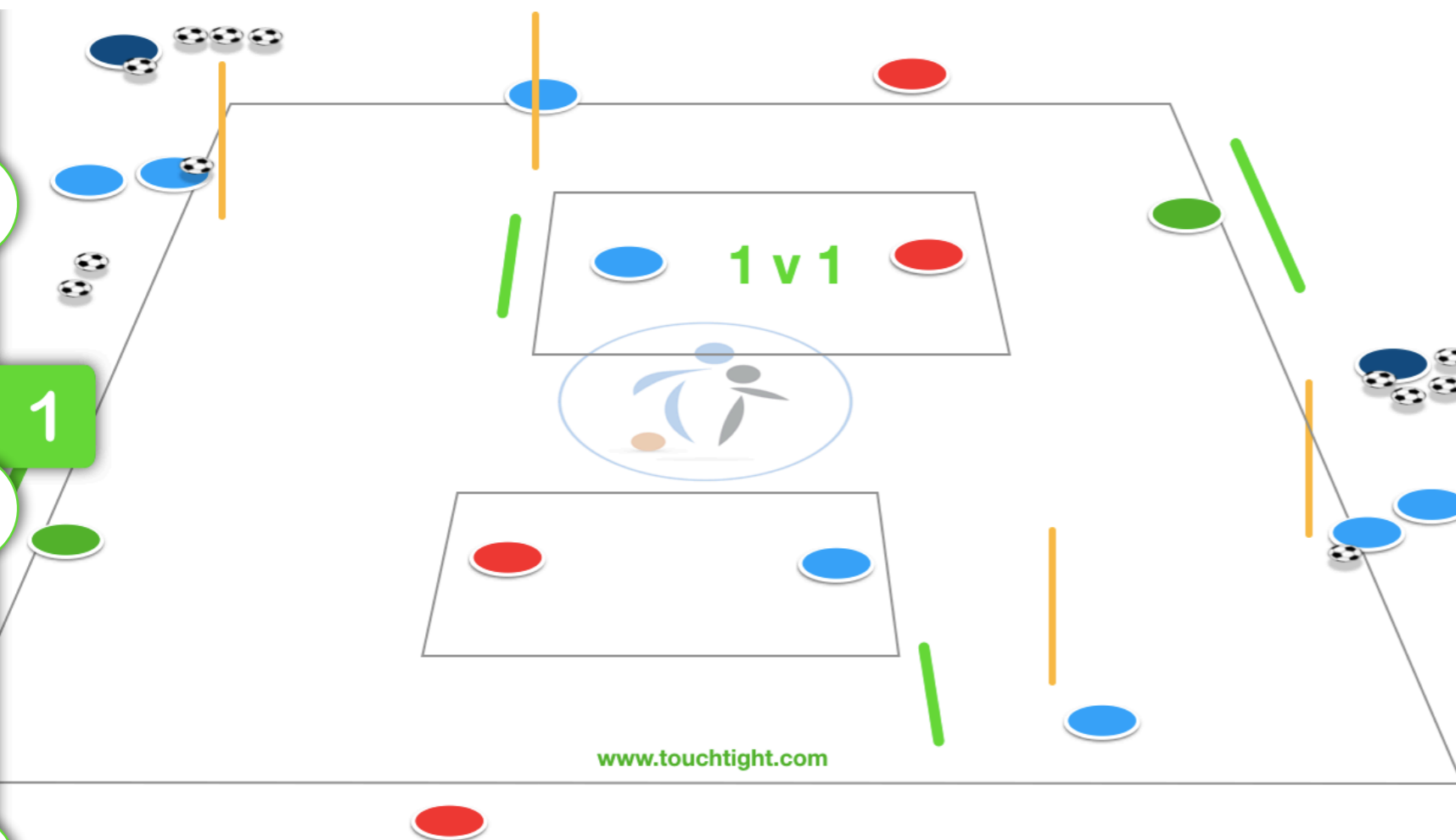




Type: 1 v 1 Attacking & Defence

Area:

Team Objectives:



Set up / Organisation:

- Practice 2 in Theme 21 Shooting in and around the penalty area, develops short combinations to create 1 v 1s and 2 v 1 situations. We look at the quality of passes played, receivers first touch and speed of attacks. Players must follow their pass moving onto the next station, with 2 defenders taking it in turns to defend in 1 v 1s; all players must work both ways. If attackers get past defenders they can finish, if defenders win possession they can score in the mini goal, replicating a pass out from the back.

Key Coaching Points:

- (Technical Key Point) Feint to get away from defender and finishing technique
- (Physical Key Point) Speed to accelerate away from defenders
- (Psychological Point) Remain confident throughout when driving at defenders

Progressions / Constraints:

- We can progress to a 2 v 1 situation with an attacker playing up against a single defender working on hold up play and support.
- We maintain this rotation, allowing all players to play in different positions, with a real focus on timing of passes, forward runs and defender's decisions to press.

Questions & Notes:

- What are the defenders weaknesses and how can you take advantage of these?
- How do your decisions change in a 2 v 1 compared to 1 v 1 attacking?

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

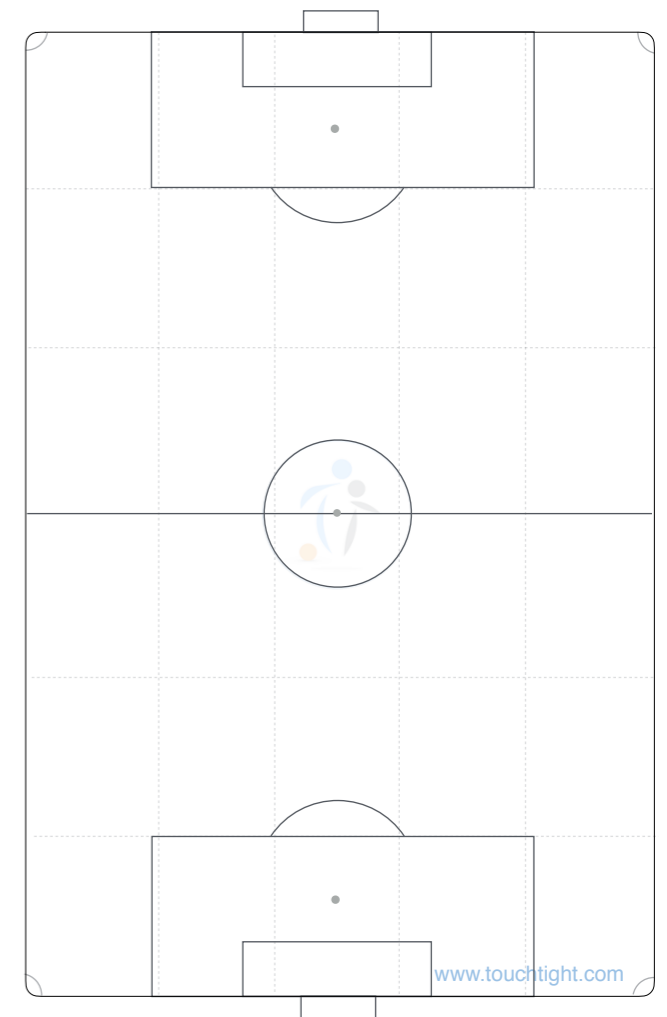
Player Trios initials	Objectives

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?