

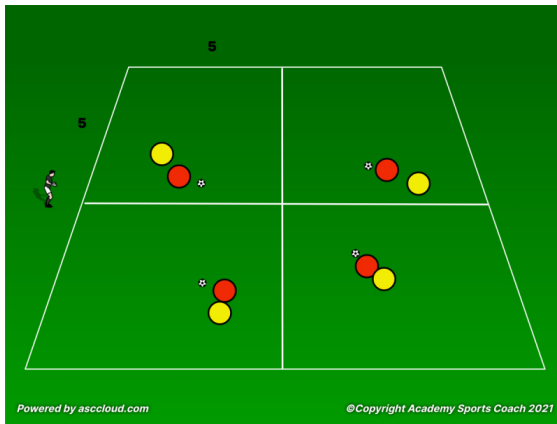
Select a Date

Week 4

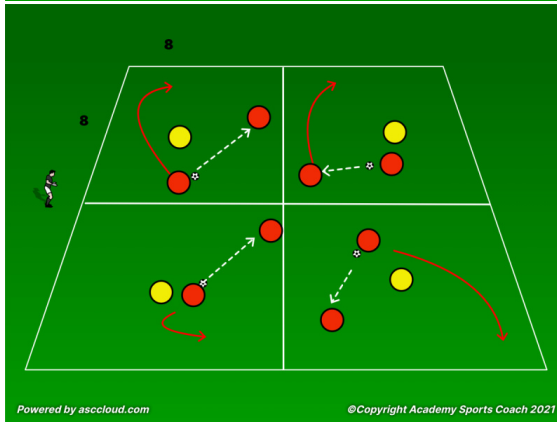
Select team

Protecting the ball leading into 2v1's

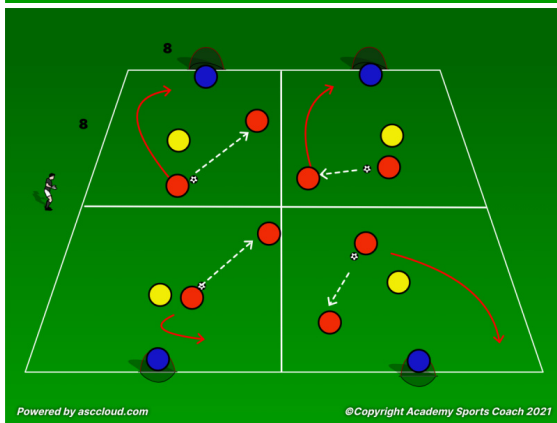
60-90 mins



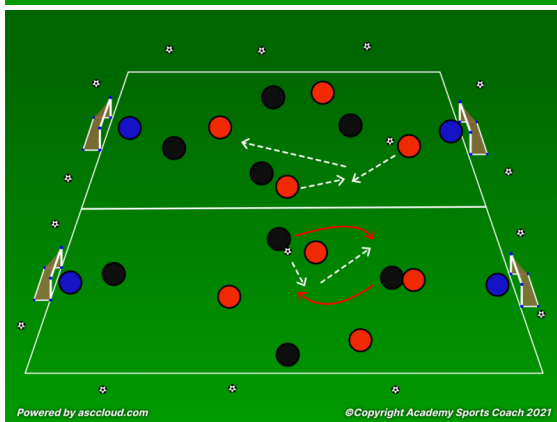
1 v 1: Protect and Shield
 Attacker's objective is to keep possession of the ball.
 Defender's objective is to win the ball.
 60 second blocks.
 1 point awarded to the player with the ball at the end of the block.
 Coaching points:
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Change partner every 3 games.



Attackers' objective is to keep possession of the ball.
 Defender's objective is to win the ball and dribble out of the grid.
 1 point awarded for every 4 passes completed by the attackers.
 1 point awarded for defender winning the ball and dribbling out of the grid.
 Attackers count number of consecutive passes.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



Attackers' objective is to keep possession of the ball and Score in the goal
 Defender's objective is to win the ball and dribble out of the grid.
 1 point awarded for every 4 passes completed by the attackers.
 1 point awarded for defender winning the ball and dribbling out of the grid.
 Attackers count number of consecutive passes.
 Coaching points:
 Always be "mobile" to support player in possession
 Ensure you are "available" to receive a pass
 Body, Body, Ball (Keep body between the defender and ball)
 Always be in contact with the ball
 Use your back arm to feel for defender
 Keep your knees bent for a low centre of gravity
 Quality of pass to keep possession



5 v 5 (Max). Players are given freedom to explore and bring out the 1v1 skills that have been worked on during the session.
 If the ball goes out allow the team to collect the closest ball and start the game with a dribble in or pass in.
 Try not to stop the game to coach but manage the players if needed. Celebrate success when you see successful 1v1's or attempts at 1v1's.
 Coaching Points:
 Attack ball
 Positive 1st touch out of your feet
 Attack defender at speed
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (Shoot, pass, cross)