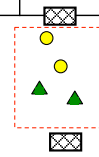


Date:	Session	9	Skill	1v1	Sub Principle/Skill: To shoot at goal
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Ball mastery: 2v2- When team in possession, 1x defedner becomes GK
 Leaves 2v1 in attack. Can score via dribble or combo. Ball
 Always starts at the back with "scoring" team.
 **Real Size Goals for finish.

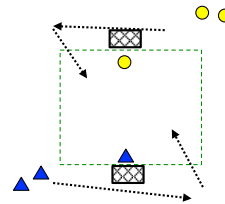
Grid=20x12m



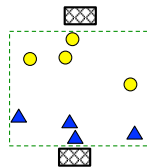
Size of Area: 2x fields of 25h x 15w
Numbers Groups or Teams: 5 per team 1-3 1v1s at a time
Time in Blocks: 3x4mins

Rules:
 Both teams have a GK and goals are big size.
 Players are given a number 1-5 for each team. Coach calls number and those two players run around opposite goal before engaging in 1v1. After a few rounds have 1-3 1v1s occurring on the same field at once.
 15 seconds to score.

 Coach ensure to serve to someone, rather than serve in the middle for a foot race and heavy touch situation.
 Keep score: 1x set = 1 game. Team that wins most out of 4 wins. Change "numbers" after each set.



Size of Area: 20w x 25h
Numbers Groups or Teams: U9s= 2v2 10-12=3v3
Time in Blocks: U9s = 5x2mins 10-12= 4x3mins



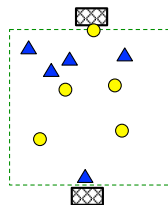
Rules:
 Both teams have a GK (Rotate between players) and goals are real size.
 Goal with successful 1v1 dribble=2x goals

 Wide pitch to encourage clever spacing to allow 1v1s.

 Key point: Attack 1v1s at speed to beat opponent. Team mates position to isolate defenders.
 Allow for this to happen then use it as an example

Size of Area: U9=2 fields 25wx35h U10-12= 2x fields of 40h x 30w
Numbers Groups or Teams: U9s= 4v4 10-12=5v5 or 6v6
Time in Blocks: U9s = 4x4mins 10-12= 4x5mins

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Rules: Goal with successful 1v1 dribble=2x goals

 Wide pitch to encourage clever spacing to allow 1v1s.

 Both teams have a GK and players rotate this. Real size goals.