

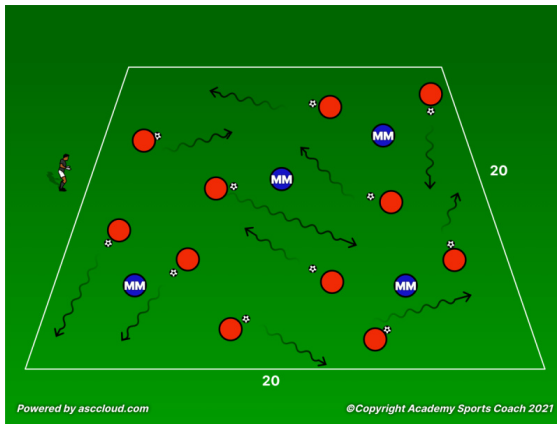
Select a Date

Week 3

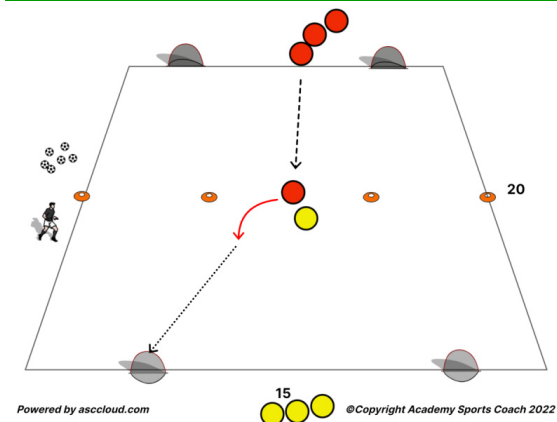
Select team

u13 - u18 Session 3: 1v1 with pressure from behind and from the side

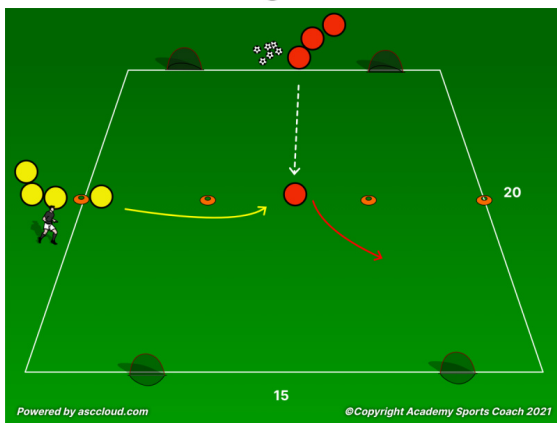
60-90 minutes



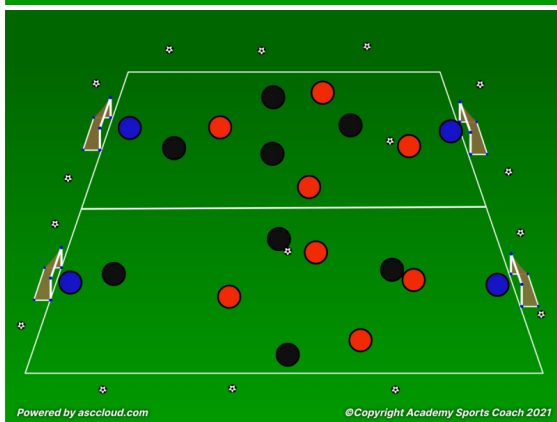
Mud Monsters!
Organization:
 Set up a 20m x 20m grid, 4-6 players become Mud Monsters with the rest of the players inside the area with a ball.
Procedure:
 On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mud Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.
Emphasis:
 FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Decision making based on where the mud monsters are.



6-8 Players. 1v1 with pressure from behind
 Attacker's objective is to receive a pass, be aware of when and where the pressure is coming from, protect the ball and eventually turn to beat the defender to score in the two small goals.
 Defender's objective is to stop the attacker from turning. They attempt to win the ball and score in the other two small goals.
 1 point awarded if the attacker scores.
 2 points awarded if the defender scores.
Coaching Points:
 Attack ball
 Keep body position sideways on (Body, Body, Ball)
 Feel for the defender with your back arm
 Keep ball close and away from defender
 Spin/roll defender when they attempt to win possession
 Change direction to go behind defender
 Accelerate to beat defender
 Finish with a positive action (goal in this situation)



6-8 Players. 1v1 with pressure from the side
 Attacker's objective is to receive a pass, be aware of when and where the pressure is coming from, protect the ball and beat the defender to score in the two small goals.
 Defender's objective is to stop the attacker from turning. They attempt to win the ball and score in the other two small goals.
 1 point awarded if the attacker scores.
 2 points awarded if the defender scores.
Coaching Points:
 Attack ball
 Keep body position sideways on (Body, Body, Ball)
 Check shoulder so you know where defender is
 Keep ball close and away from defender
 Positive touch into space to beat defender
 Accelerate to beat defender
 Finish with a positive action (goal in this situation)



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)