

## Intro to 1v1's using Changing Speeds/Directions

GOAL: Improve building-up in opponent's half in order to create chances

PLAYER ACTIONS: Pass/dribble

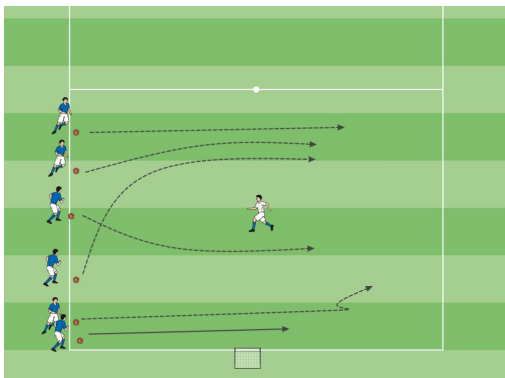
KEY QUALITIES: Read game/make decisions, Optimal technical, Optimal physical

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AGE: U6 / 4v4 / 10 players

MOMENT: Attacking

DURATION: 30 min



### "Fishy Fishy - Cross My Ocean"

OBJECTIVE: Dribble the ball across the grid while avoiding the defenders "sharks"

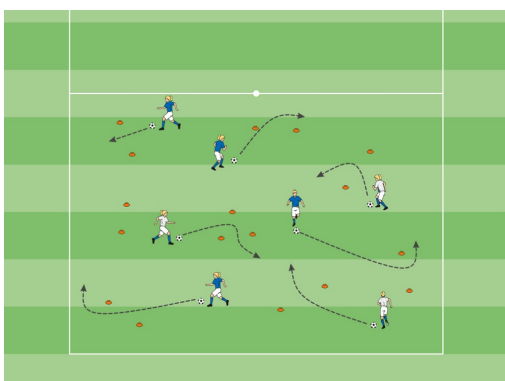
ORGANIZATION: Players line up on the sideline in their half of the field. 1 defender or "shark" starts in the middle.

KEY WORDS: Control. Speed. Inside/Outside/Laces. Change Direction/Speed. Fake.

GUIDED QUESTIONS: 1) What are you looking for as the "fishy's"? 2) How do you find open space? 3) What part of the foot do we use for speed/control dribbling? 4) How can we get by "shark" if they try and get us?

ANSWERS: 1) Openings/Open space to dribble past the shark to the other side! 2) Look up! Dribble under control so you can keep head up! 3) Laces for Speed. Inside/Outside for Control and Changing Direction! 4) Fakes, Change of Speed & Change of Direction!

NOTES: 1) Coaches Start as Shark to allow for players to feel successful and build confidence. 2) Players become "shark" 3) When a player gets ball knocked out of grid they become a "crab" and try to help the shark but have to Crab Walk around to kick balls out with Shark!



### 1v1 to Gates!

OBJECTIVE: Dribble through gates to score points!

ORGANIZATION: In your half of the field, spread out 10 or so gates. Gates should be about 1-2 yards wide. Each player starts with a ball. Progressing to 2 teams where 1 team starts with a ball each and 1 team defends.

KEY WORDS: Change Direction/Speed. Control. Head Up. Fake. Feint. Inside. Outside

GUIDED QUESTIONS: 1) What part of the foot do you use for speed/control dribbling? 2) How do you find open gates? 3) What can you do to beat defenders and get to a gate?

ANSWERS: 1) Laces for Speed. Inside/Outside of foot for control dribbling! 2) Keep your head up! 3) Change Speeds. Change Directions. Use Fakes or 1v1 moves.

NOTES: 1) Start with no defenders. Using both feet, how many gates can they dribble thru in 1 min? How many with just right foot? Just left foot? 2) Demonstrate 2, 1v1 moves. ("Fake & Take" & "Scissor") - how many can they do in 1 minute? 3) 2 teams, 1 team dribbles to gates. Other defends!

### Five Elements of a Training Activity

1. **Organized:** Is the activity organized in the right way?
2. **Game-like:** Is the activity game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)
5. **Coaching:** Is there effective coaching. based on the age and level of the player?

### Training Session Self-Reflection Questions

1. How did you do in achieving the goals of the training session?
2. What did you do well?
3. What could you do better?