1v1 & 2v2 SESSION



**KEEP BALL**

* Split group in half
* Half the group has a ball each
* The other half has to try and win a ball
* Play for 30 seconds
* Did anyone that started with a ball manage to keep it throughout?

**Coaching points**

* How can you use your body to shield the ball?
* Can you find find space?
* Can you make the tackle and keep hold of the ball?



**1v1**

* Play 1v1
* Play for 3 minutes
* Dribble through one of the two goals to score
* Winners move up a pitch, losers move down

**Coaching points**

* How can you beat a player?
* How can you use your body to help you keep the ball?
* Can you try one new thing in each game?



**2v2**

* Play 2v2
* Play for 3 minutes
* Have to be in the highlighted target area to score
* Winners move up a pitch, losers move down

**Coaching points**

* How can you beat a player?
* How are you going to attack against two?
* How are you going to defend against two?
* When to dribble & when to pass?
* Can you try something new each game?

**SESSION OUTCOMES**

* Shielding the ball, body between ball and player, be as big as you can
* Having a quick scan to find space or team mate
* Tackling to keep the ball and counter attack
* Beating a player 1 on 1 by tricking them to get them off balance
* Decision making in attack and defence

