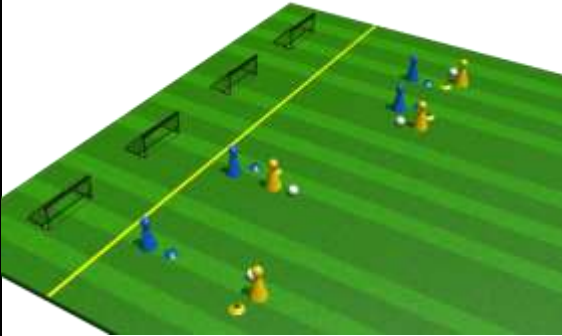
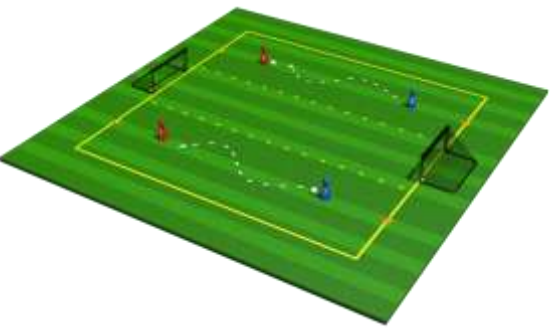



SESSION FORMAT

GAME >> SKILL LEARNING >> PROBLEM SOLVING GAMES >> ZONE IN >> GAME

START:		Introduce the session (make them feel welcome). The session will be about exploring 1v1 Skills. After the opening game, give the players an overall grade on how they perform the above the skills. (1 = Excellent / 5 = Poor)					
OPENING GAME 10 mins	SKILL LEARNING 20 mins		PROBLEM SOLVING GAME 20 mins		ZONE IN 20 mins		
							
	<p>Name: 1v1 Changes Set Up: Organise pairs with one goal (or line to dribble over) and one ball. The blue defender stays at their cones and the yellow attacker starts with the ball at their cone. As in the diagram the cones are in different places on different pitches. This represents different 1v1 situations (e.g. defender in front, defender behind, defender at the side) A scoring zone is also set up.</p>		<p>Name: Singles to doubles Set Up: Organise pitches which have 2 x 1v1 channels which when combined will become a 2v2 pitch. A ball is needed for both pitches</p>		<p>Name: Man to man marking game Set Up: 7v7 game Apart from the GKs players are paired up with an opposition player (see numbered players in the diagram) Match players by level of challenge and position</p>		
	1	<p>GAME DESCRIPTION: The yellow player starts play and tries to get into the scoring zone and score. If they score – or if the blue player can dribble the ball out of the area then the yellow players gets another go. 3 goes and swap.</p>		<p>GAME DESCRIPTION: Blues play 1v1 against their red opponent. Each player attacks a cone (or cones) to knock over with the ball. When one player knocks over a cone they shout out a word to signify that their 1v1 is over and that the game has now changed to a2v2 (we use 'dingles' i.e. combination of singles and doubles! But let the players decide the magic word!)</p>		<p>GAME DESCRIPTION: Normal game but if a player scores their matched opponent has to leave the pitch to do a 'forfeit' before being allowed to rejoin the game (e.g. 10 star jumps and 5 keepy ups). This will encourage some close marking so players' 1v1 skills will be put under pressure</p>	
	2	<p>OPTIONS, PROGRESSIONS & VARIATIONS: If the defender wins the ball they can try and score Add a roving GK who can play in any goal – and move whenever they like</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Have different versions of 1v1s on different pitches (e.g. Panna battle, dribble into a zone, stop ball on the line)</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Players swap positions at half time so defenders play in midfield or attack Players who make an assist also get their opponent to do a forfeit 4 players are matched up so if a player scores then 2 players from the opposition team have to do the forfeit. If a player beats an opponent in a 1v1 (whoever that is) the opponent does the forfeit.</p>	
	3	<p>OPTIONS, PROGRESSIONS & VARIATIONS: If the defender wins the ball they can try and score Add a roving GK who can play in any goal – and move whenever they like</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Have different versions of 1v1s on different pitches (e.g. Panna battle, dribble into a zone, stop ball on the line)</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Players swap positions at half time so defenders play in midfield or attack Players who make an assist also get their opponent to do a forfeit 4 players are matched up so if a player scores then 2 players from the opposition team have to do the forfeit. If a player beats an opponent in a 1v1 (whoever that is) the opponent does the forfeit.</p>	
	4	<p>OPTIONS, PROGRESSIONS & VARIATIONS: If the defender wins the ball they can try and score Add a roving GK who can play in any goal – and move whenever they like</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Have different versions of 1v1s on different pitches (e.g. Panna battle, dribble into a zone, stop ball on the line)</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Players swap positions at half time so defenders play in midfield or attack Players who make an assist also get their opponent to do a forfeit 4 players are matched up so if a player scores then 2 players from the opposition team have to do the forfeit. If a player beats an opponent in a 1v1 (whoever that is) the opponent does the forfeit.</p>	
5	<p>OPTIONS, PROGRESSIONS & VARIATIONS: If the defender wins the ball they can try and score Add a roving GK who can play in any goal – and move whenever they like</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Have different versions of 1v1s on different pitches (e.g. Panna battle, dribble into a zone, stop ball on the line)</p>		<p>OPTIONS, PROGRESSIONS & VARIATIONS: Players swap positions at half time so defenders play in midfield or attack Players who make an assist also get their opponent to do a forfeit 4 players are matched up so if a player scores then 2 players from the opposition team have to do the forfeit. If a player beats an opponent in a 1v1 (whoever that is) the opponent does the forfeit.</p>		
SCORE							
FINISH:		Summarize the session to players. Ask players what they have learnt? What is the importance of the session? How will it benefit them? What did they enjoy the most? What did they least enjoy? What were their strengths and what would they like to improve? During the Closing Game, observe your players. Does the closing game look different to the Opening Game? Have they applied your session content?					
						CLOSING GAME 10 mins	
						SCORE	

COACH AND SESSION EVALUATION

CHANGES I MADE TO THE ABOVE PLAN	
WHAT WENT WELL? WHAT DID I DO WELL?	
WHAT COULD HAVE BEEN BETTER ABOUT THE SESSION? HOW COULD I HAVE BEEN BETTER?	
WHAT WOULD I CHANGE ABOUT THIS SESSION NEXT TIME? WHAT WILL I DO DIFFERENTLY ABOUT MY COACHING NEXT SESSION?	

PLAYER EVALUATIONS

PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	