

Title: **1v1 Elimination**

Date: 13/01/2017	Venue: RGS	Duration: 1 hour	No of Players: 8-16	Ability / Level: U12's
Equipment: Balls. Sticks. Cones.	Purpose: Develop Core Skills: 3D lift / 3D drag and lift / Push and Run / V-drag / Dummy left and right/ Tackling / Defending 1v1			

Time	Task / Activity / Session Content
------	-----------------------------------

WARM UP

5-10 | Jog + Dynamic Stretches + Warm up activity (see 'Warm up suggestions' for ideas)

Introduction to 3D Skills

5 | 3D skills are simply any skill where the ball is lifted off the ground. Practice: Each player has a ball. Players must drag the ball back towards themselves then lift the ball forward into the air and finally control the ball on the floor before repeating. Players must aim to NOT move their feet whilst performing this task by controlling the distance they are moving the ball. Players must control the lift and not just throw the ball away from themselves. Players must also aim to lift the ball no higher than knee height as this can be penalised in a match. If players are having trouble with this skill then instruct them to bend their knees more in order to get lower down and also to have their hands lower to the ground to allow them to scoop underneath the ball. Both the basic grip and the frying pan grip can be used for 3D skills, however the frying pan grip is usually a lot easier at first so get players to begin with this.

3D Drag and Lift

8 | Instead of 'hurdles' use 3 cones laid in a line. Player dribbles up to the cones and drags the ball to the right (or left) before lifting the ball over the cones. Aim to 'carry' ball over hurdle rather than 'throw' it. Make sure the ball is not lifted above knee height. For the 'drag right and lift' use the basic grip. For the 'drag left and lift' use the frying pan grip. Body and ball positioning is important: Players must bend their knees and get their hands low to the ground in order to lift the ball. When dragging the ball to the left (or right) move the ball slightly back towards the body to make it easier to perform the lift. Players should aim for a 'fluid' drag and lift in 2 movements (as opposed to dragging the ball to one side then stopping it before lifting).

1v1 Elimination Skills Recap

2 | Recap on the 1v1 Elimination skills covered recently: Push and Run / V-drag / Dummy left and right / 3D skills. Ask players 'how can we get past an opponent in a 1v1 situation?' Talk about decision making when trying to get past a defender: Attacker should keep their head up as much as possible when approaching the defender and judge their opponent's body and feet position. Aim to exploit the 'weak' side of the defender (i.e attack down the defender's left foot). Use deception, skills, and a change of pace (accelerate away). Always try to avoid carrying the ball onto the defender's open stick.



1 v 1 Box

15 Divide players into pairs. Lay down 4 cones to make a 3metre by 5metre box. Have 1 box for each pair. Players stand at opposite ends of the box. One player starts with the ball and aims to get past their opponent and stop the ball at the far side of the box. This scores 1 point. Take it in turns to attack. If the defending player wins the ball or if it goes out of the box then no point is scored. Have players play for 1 minute and keep score. At the end of the minute the winning players should all move to the adjacent box in a set direction and all losing players should move to the adjacent box in the other direction (1 player in each end box must stay in that box). In the case of a draw then toss a stick and have a player choose open or reverse side.

Match

15 Small Sided Game

Cool Down and Review

5 Jog + Stretches + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

Cool Down and Review

5 Jog + Stretches + Discuss key points covered in the session. Ask questions to players. Ask what AND why!

