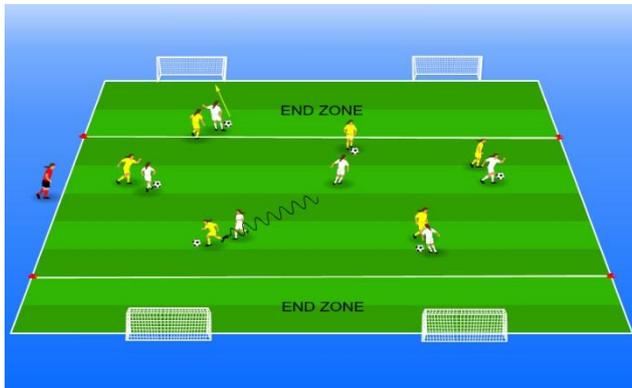


SKILL ACQUISITION PHASE: 1v1

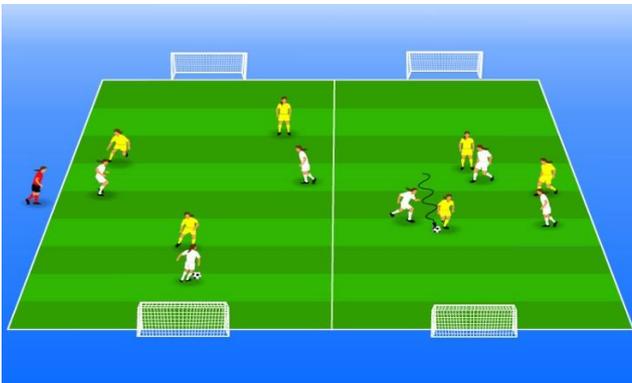
Suggested equipment list:

20 cones, 8 balls, 4 mini goals, 4 portable goals (age-specific) and 2 sets of bibs



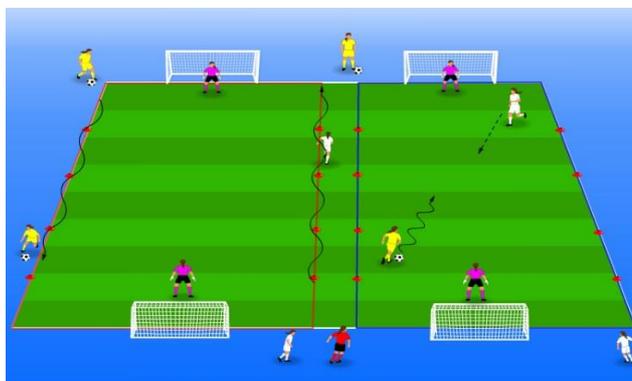
FUNCTIONAL Activity: 'Beat and score'

- Split group into two teams and partner off
- Player with ball must beat partner in 1v1 duel and score in any goal once they enter the end zone
- Rotate role of attacker & defender after each attempt
- Rotate opponents every 2 minutes



Recognition Phase: Game

- Normal game, 1 point for a goal
- Teams awarded 3 points if someone beats an opponent in a 1v1 duel to score
- Create one or two games
- No goalkeepers to encourage more 1v1 duels



Intervention: Skill breakdown

- Two groups of attackers and defenders
- Attacker has a ball and will zig-zag through cones, whilst defender will zig-zag through cones without a ball to opposite goal-line
- Once around last cone, attacker tries to beat defender in 1v1 duel to score. If defender wins the ball, they can score in opposite goal and receive two points
- Swap defenders and attackers after each cycle



Evaluation Phase: Free Game

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions without stopping the game