

Northern Sydney Football Coaches Association

Name: Gary McGinnis & Jason Eagar

Date: 28th September, 2009

Session Topic: Progression from 1 v 1 to 4 v 3

Length of session: Approx. 60 mins

Session outcomes: Awareness of:

- 1 v 1 skills in small spaces and ability to beat defender with confidence
- Use of change of pace, quick feet, deception against opponent and balance of the attacker
- 2 v 1: Body position (relative to the goal)
- Edge of the box work: side on to goal/defender, staying on-side, curving the run, the finish at goal
- Two striker work: the angle of the run, quality of the pass and the quality of the finish

Equipment/resources required:

- Cones/markers (20)
- Footballs (15)
- Bibs (5 of each)
- Poles (4)

Safety:

- Ensure each player is sufficiently warmed up for the session
- Include dynamic stretching through all major muscle groups

Time:	Stages of the Session:	Coaching Points:	Player Activity:
10	Warm –up <ul style="list-style-type: none"> ➤ Stretching principles ➤ Light ball work 	Explanation why we stretch	➤ Dynamic/static stretching
10	1 v 1 <ul style="list-style-type: none"> ➤ Change of pace ➤ Skill level/fast feet/deception ➤ Balance 	Principles of 1 v 1	<ul style="list-style-type: none"> ➤ ➤ ➤
5	2 v1 <ul style="list-style-type: none"> ➤ Tactics against a defender ➤ Attacking principles 	Principles of 2 v 1	<ul style="list-style-type: none"> ➤ ➤
10	Passing drill <ul style="list-style-type: none"> ➤ Run for defender/attacker ➤ Body angle/shape ➤ Back foot pass/receive ➤ Curving the run 	<ul style="list-style-type: none"> ➤ Creating space ➤ Can you see forward? ➤ 1st touch ➤ Staying onside 	<ul style="list-style-type: none"> ➤ Push off from defender ➤ Go side on to target ➤ Curve your run
10	Edge of 18 yd box drill <ul style="list-style-type: none"> ➤ Angle of body to goal ➤ Curve of run ➤ Finishing at goal 	<ul style="list-style-type: none"> ➤ Combine all coaching points ➤ Emphasise points 	<ul style="list-style-type: none"> ➤ Game realistic situation ➤ Remain onside (curve run) ➤ Hit the target
	4 v 3 progression	<ul style="list-style-type: none"> ➤ Attacking drill ➤ Focus on one aspect 	<ul style="list-style-type: none"> ➤ Defenders passive to start ➤ Restart with moving ball