

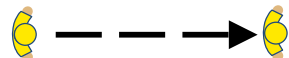
SAPCC Session Planner

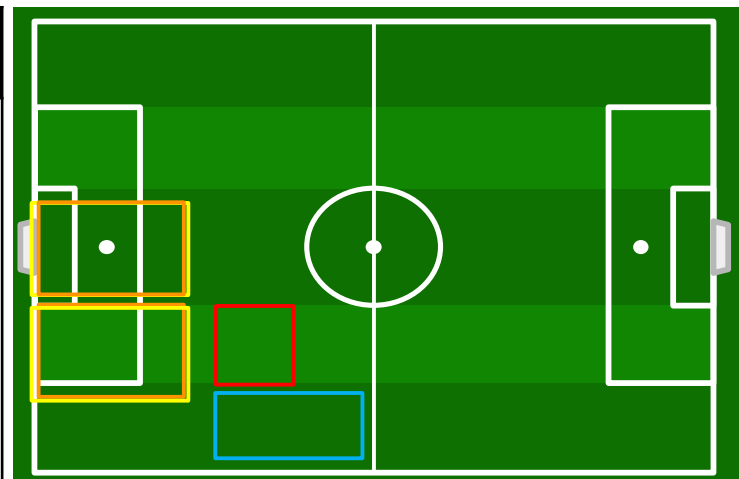
Cycle #	1	Week #	1	Session #	1	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to beat players in 1v1 situations using deception, feint and a CoD (change of direction)
Core Skill	1v1
Specific Aspect	1v1 to beat a defender using deception, feint and change of direction
Key Player/Team Inspiration	Neymar, Ronaldinho, Wenzel-Halls, Luongo, Berisha, Daniel Arzani, Haley Raso
Delivery Method	Whole – Part – Whole (Game Related Practice – Isolated Practice - Game)

Prepare – Pitch Organisation

Arrival Activity (AA)	Adjust the size and position of each box to accurately match the size and space where the exercises will (or should) occur.
Game Related Practice (W)	Ball Movement 
Isolated Practice (P)	Player Movement 
Game (W)	Running With The Ball 

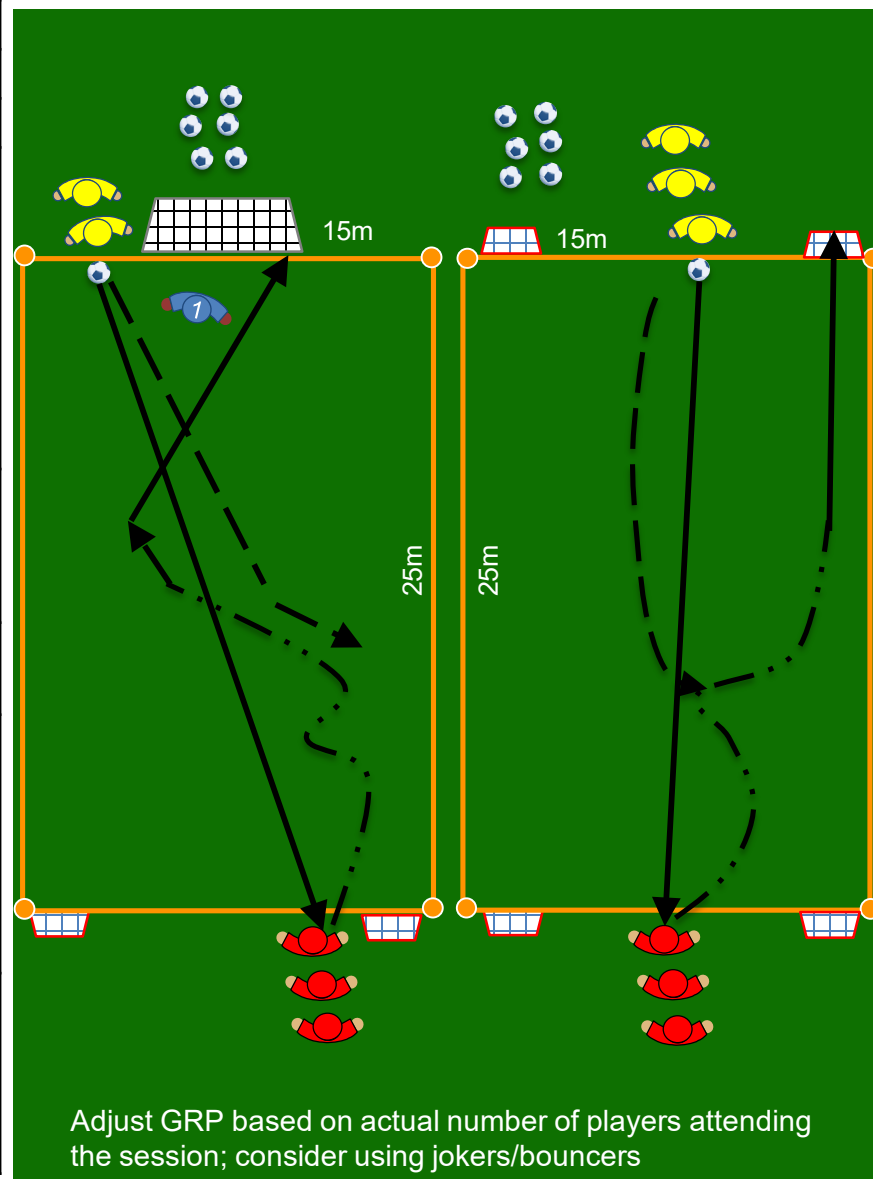


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to 1v1's" OR Coach to refer to Arrival Activities Examples

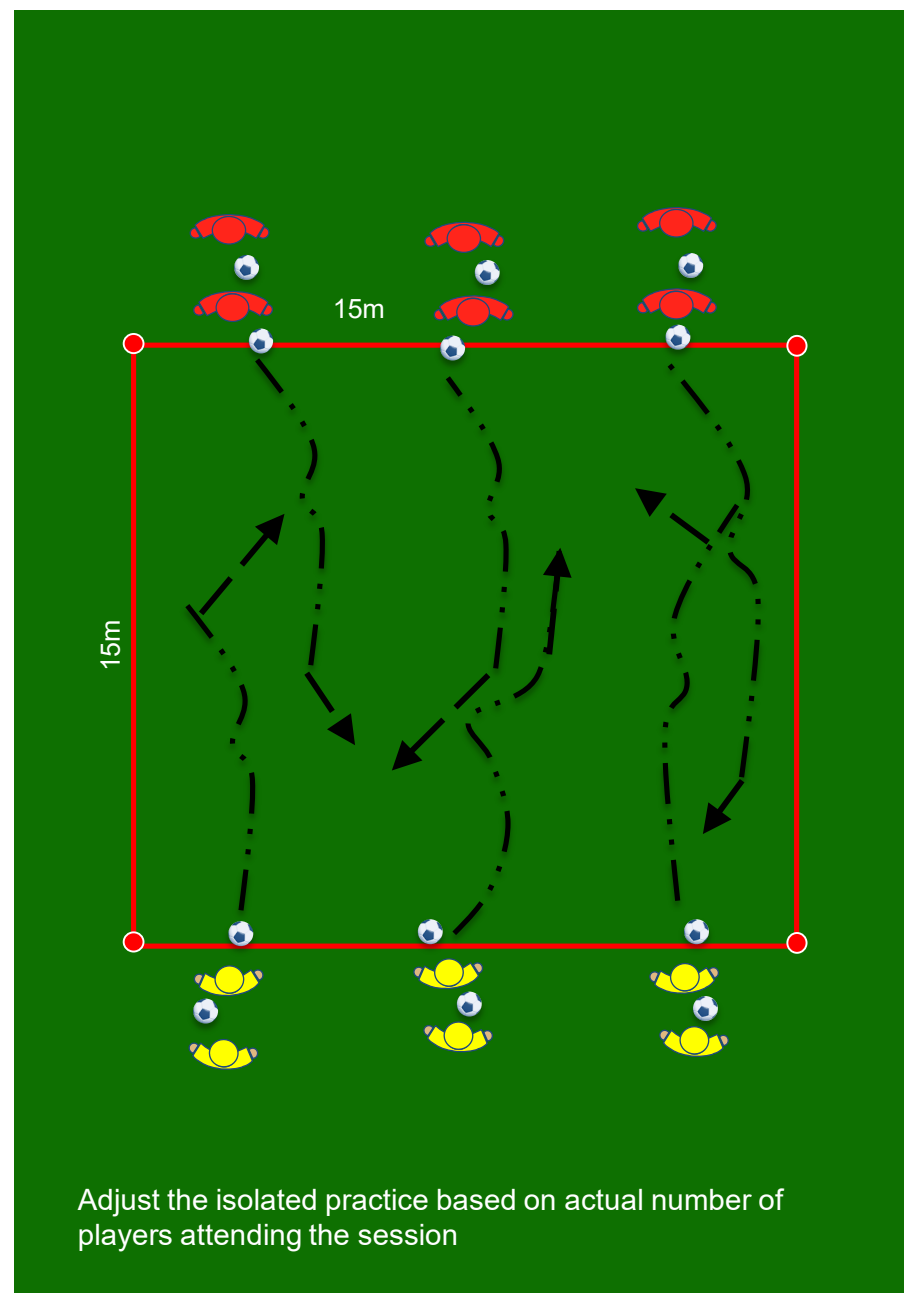
Game Related Practice (Whole)

Players Involved	ALL - 11 + GK (+/-2)
Areas & Size	2 or 3 areas of approx. 25m x 15m
Timing	20min
Rules/Explanation & Scoring Method	Player at one end plays the ball to the opposite side and then becomes a defender. Player that receives the ball becomes an attacker and takes the defender on. Once the attacker has had a shot, they become the defender and a new attacker drives in to create a 1v1. Once you have defended you leave the square and rejoin your line.
Step Up	Must be over half-way to score a goal Narrower area
Step Down	Wider area Defender is only able to put pressure
Exercise Task / Challenge	"Today it is all about beating the defender through <u>deception/feint</u> or <u>COD</u> ".
Player Task / Player Actions	- Can you <u>identify</u> the opponents <u>positioning</u> early and try to move toward goals <u>as soon as possible</u> - Can you be smart and <u>send</u> a player the <u>wrong way</u>? - Try to <u>deceive</u> your opp. by <u>feinting</u> one way and go the other
Coaching Cues	- If they are <u>closing quickly</u> look to shift their weight by <u>changing direction</u> - Try to <u>accelerate</u> after <u>deceiving</u> them. - If they come <u>close</u> keep the ball out of their <u>tackling range</u>



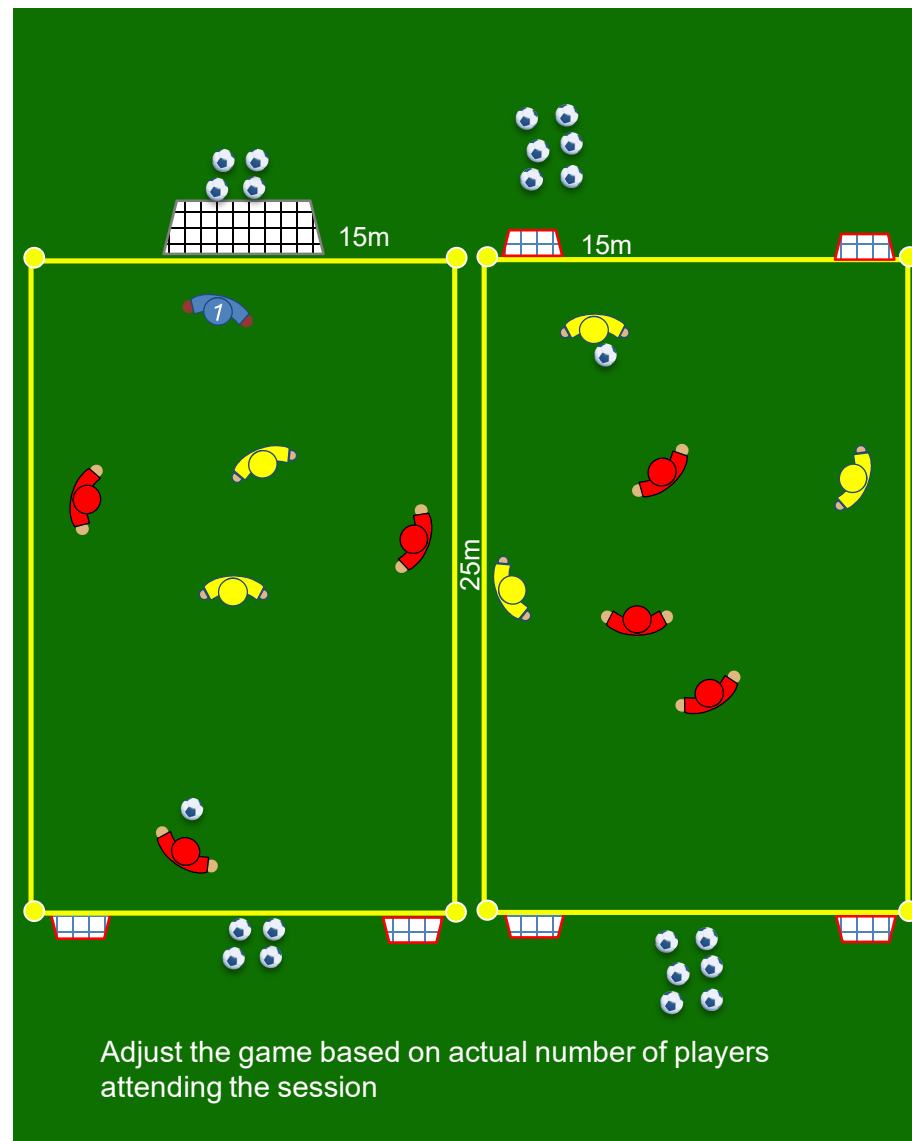
Isolated Practice (Part)

Players Involved	ALL - 12 players
Areas & Size	1 area of approx. 15m x 15m
Timing	15min in total
Rules/Explanation & Scoring Method	Both players to keep control of the ball at all times. Players have to take the ball to the opposite end and take on the player in front of team in a 1v1 – 6 players go at the same time with the ball (3 on each side) Progression: players can also tag other players. All players keep track of their own score Running away = +1 for not getting tagged Tagging = +1 for a tag Once your turn is up, go to the opposite side and swap roles.
Step Up &	Smaller area 1 player per team tagging with a ball (starting in the middle of the area) and now trying to win the ball off the player of the opposite team
Step Down	Bigger area
Competition	See which player (or team) has the most successful runs to the opposite side without losing the ball in 1 minute.
Player Behaviors	- Identifying the <u>distance</u> between yourself and the tagger (keep your head up) - Using <u>deception</u> to put defender off balance - Using <u>pace</u> after a CoD to get away from tagger - Being <u>creative</u> in their use of <u>skill moves</u> to trick the tagger



Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	Approx. 25m x 15m per area
Timing	24min (4 x 6min)
Shape/Formation	3v3's
Rules/Explanation & Scoring Method	Free game 3v3 Scoring team retains the ball Goal = 1pt Goal after a 1v1 deception/CoD = 3 pts
Step Up	Join fields together and make 6v6



Home Challenge

Coach: "Love to see if you can practice your change of direction and pace" – OR Coach to refer to Home Challenge Examples