

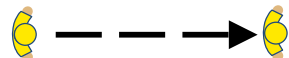
SAPCC Session Planner

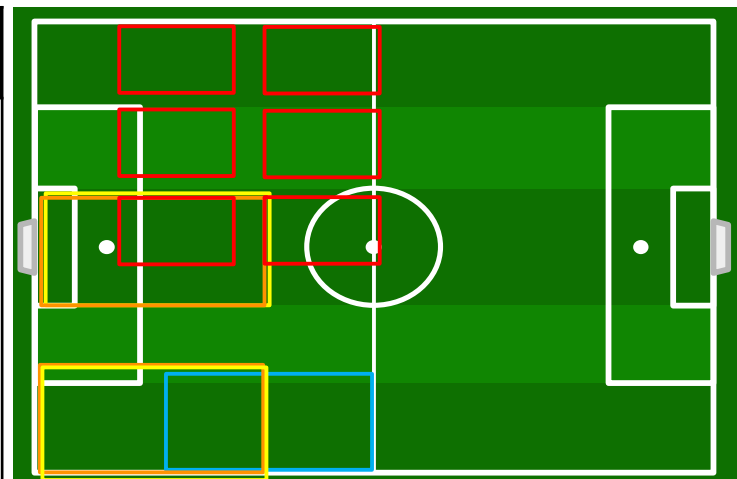
Cycle #	2	Week #	2	Session #	1	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to beat players in 1v1 situations using pace and/or a CoD (change of direction)
Core Skill	1v1
Specific Aspect	1v1 to beat a defender at pace
Key Player/Team Inspiration	C. Ronaldo, L. Messi, G. Bale, D. Wenzel-Halls, Matthew Leckie, Sam Kerr
Delivery Method	Progressive Part (Skill Intro – Skill Training – Skill 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.
Skill Introduction (SI)	Ball Movement 
Skill Training (ST)	Player Movement 
Skill Game (SG)	Running With The Ball 

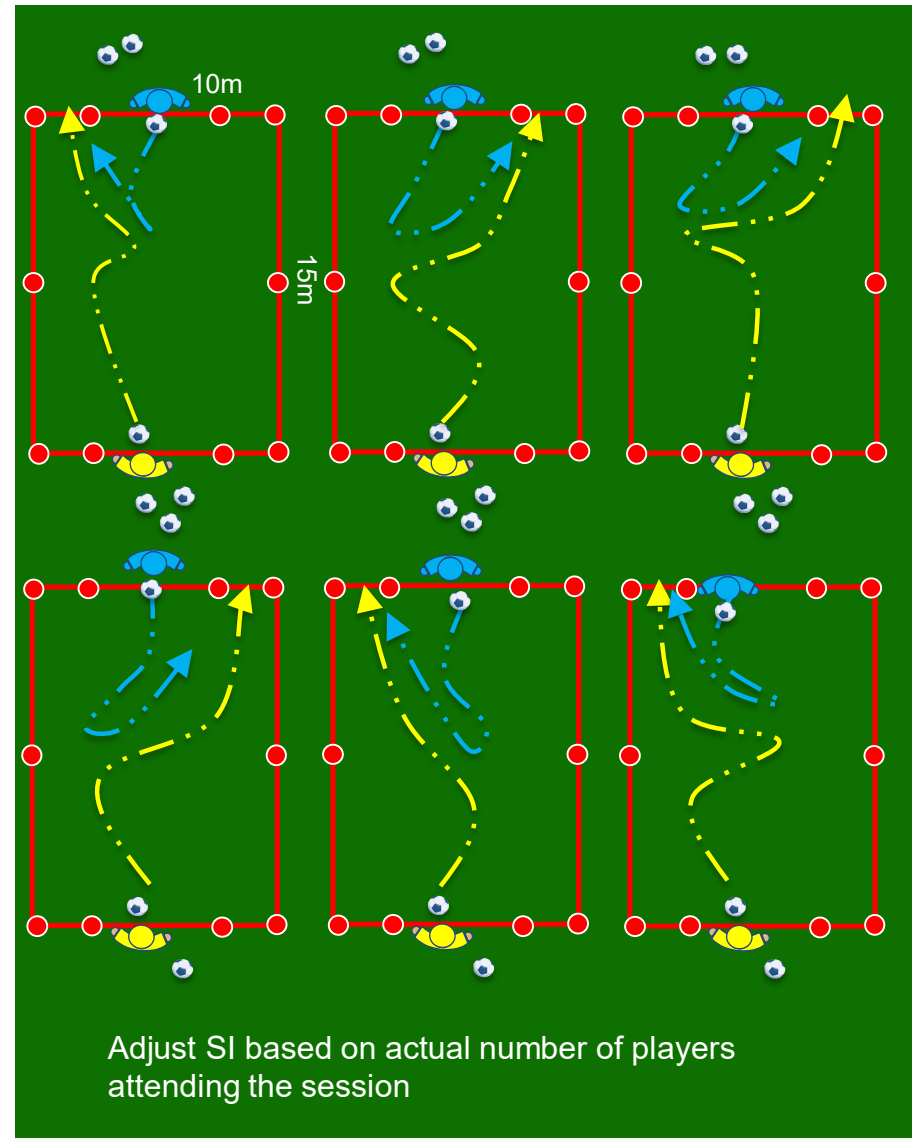


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to 1v1 attacking at pace" – Refer to Arrival Activities Examples

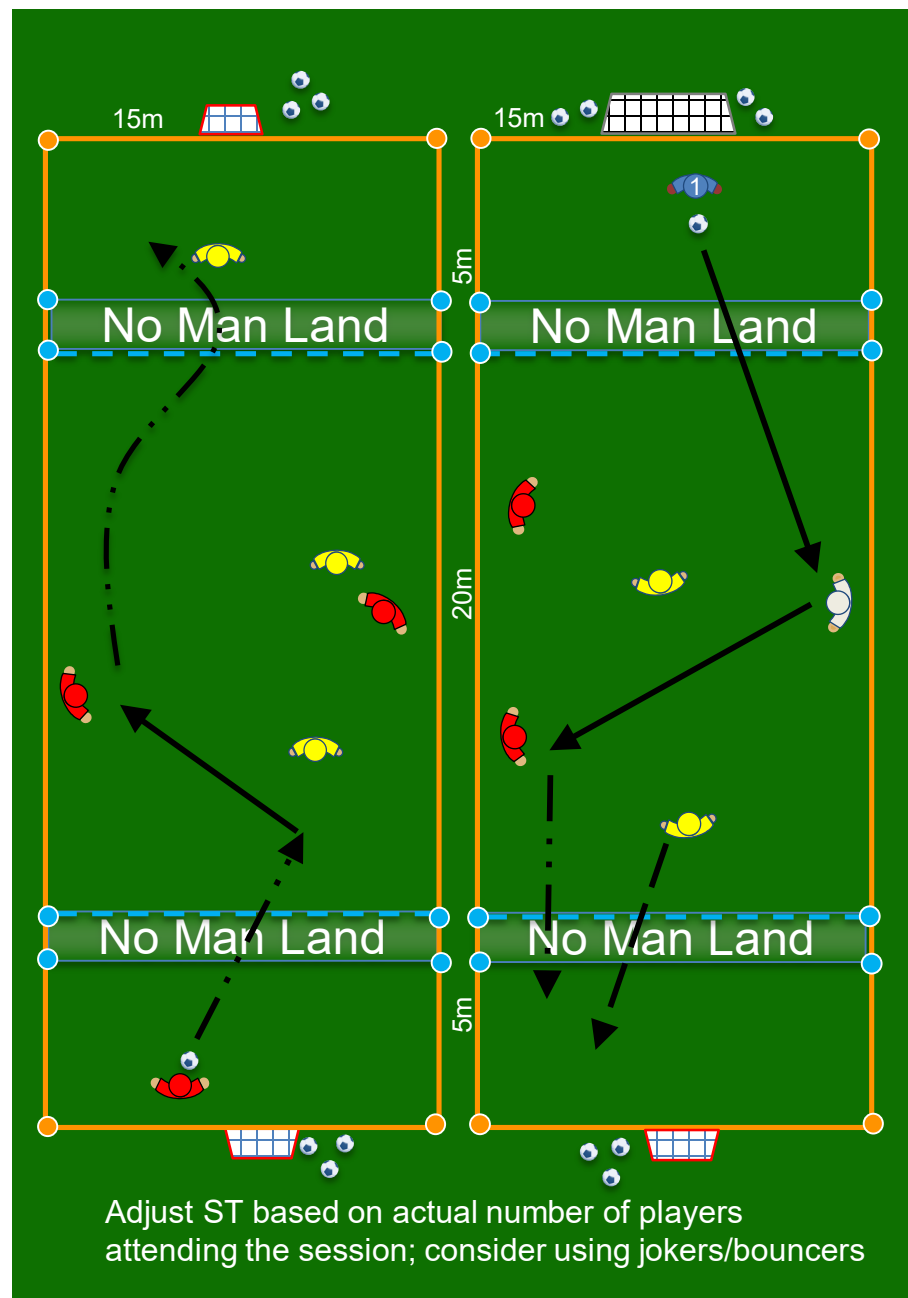
Skill Introduction

Players Involved	12 players
Areas & Size	6 areas 10m x 15m of 1v1
Timing	15 minutes (Total) – 3x4' +1' Dynamic Stretching
Rules/Explanation & Scoring Method	- All players pair up - Both players have a ball at their feet - Players alternate turns attacking - The defending players aim is to tag player attacking. - Players keep track of their score.
Step Up &	Narrower goal areas Central goal, instead of on the sides Smaller field space
Step Down	Wider goal areas Larger field space
Competition	First to 3 wins Winner goes up a square and loser goes down a square
Player Behaviors	<u>Accelerate</u> into space to attack opponent at pace Once past the opposition, take bigger touches so that you have more time running without the ball Use <u>deception</u> to put defender off balance



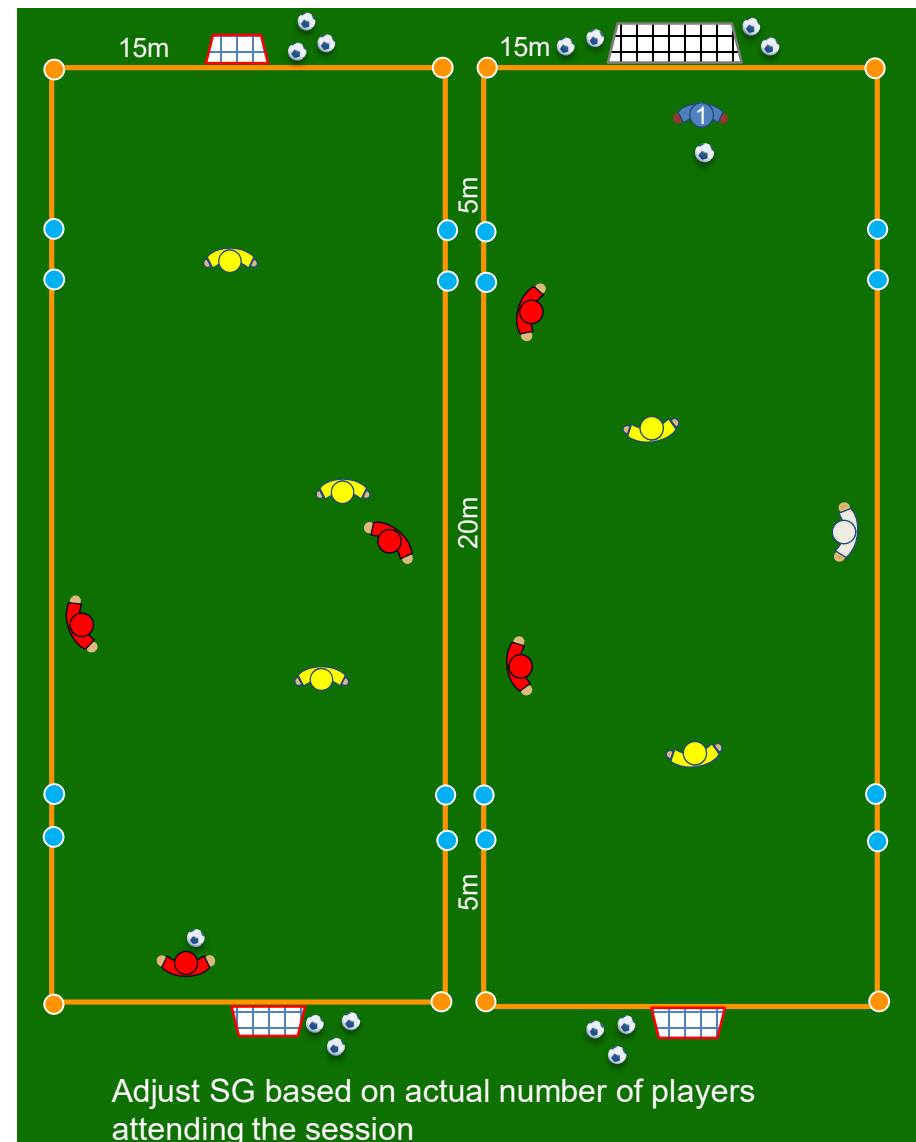
Skill Training

Players Involved	11 + GK (+/-2)
Areas & Size	2 areas of 15m x 30m
Timing	20 minutes
Shape/Formation	3v3 Yellow v Red or 2v2 + GK + joker
Rules/Explanation & Scoring Method	- Team must get 1 player only to run ball into 1v1 zone to take on 1 defender to score - Defender can rotate in or out. - Scoring team restart with the ball - Ensure the last defender start deeper in the 1v1 zone or on the very back line - Goal = 1pt + 1v1 = 1 point
Step Up	5 second time limit once player gets into 1v1 zone 2 attacking players allowed into 1v1 zone
Step Down	Change distances - Make it bigger
Exercise Task / Challenge	"Today it is all about beating the defender <u>at pace</u> to score"
Player Task / Player Actions	Identify the <u>space</u> to attack Try to go past the opponent as <u>quickly</u> as possible Try to put the defender <u>off balance</u>
Coaching Cues	Just before receiving the ball look to have eyes up to identify defender/space. Try to get as close to the opponent before getting beyond them by changing the weight of your touches Use a move/deception at pace to move their hips or to drive at their inside shoulder to put the defender off balance



Skill Game (Free game)

Players Involved	11 + GK (+/-2)
Areas & Size	2 areas 15m x 30m
Timing	24 minutes (4 x 6min)
Shape/Formation	3v3
Rules/Explanation & Scoring Method	Free game 3v3's Scoring team retains the ball Goal = 1pt + 1v1 at pace = 2 pts
Step Up	Reduce area size
Step Down	Use No man land if 1v1 at pace is not evident



Home Challenge

Coach: "Love to see if you can master skill moves at pace!" – Refer to Home Challenge Examples