

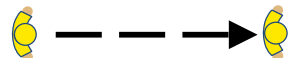
SAPCC Session Planner

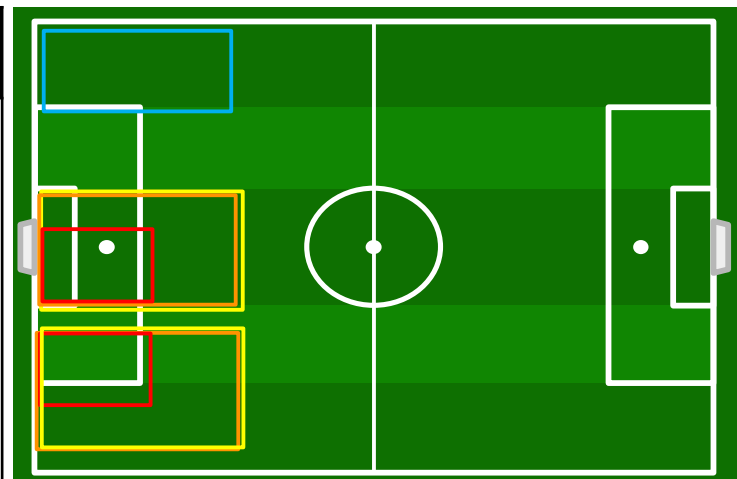
Cycle #	2	Week #	1	Session #	2	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to run with the ball in 2v1 situations
Core Skill	Running with the ball
Specific Aspect	Creating and capitalizing a 2v1
Key Player/Team Inspiration	Tom Rogic, Kyah Simon, Matt McKay, Elise Kellond-Knight
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 

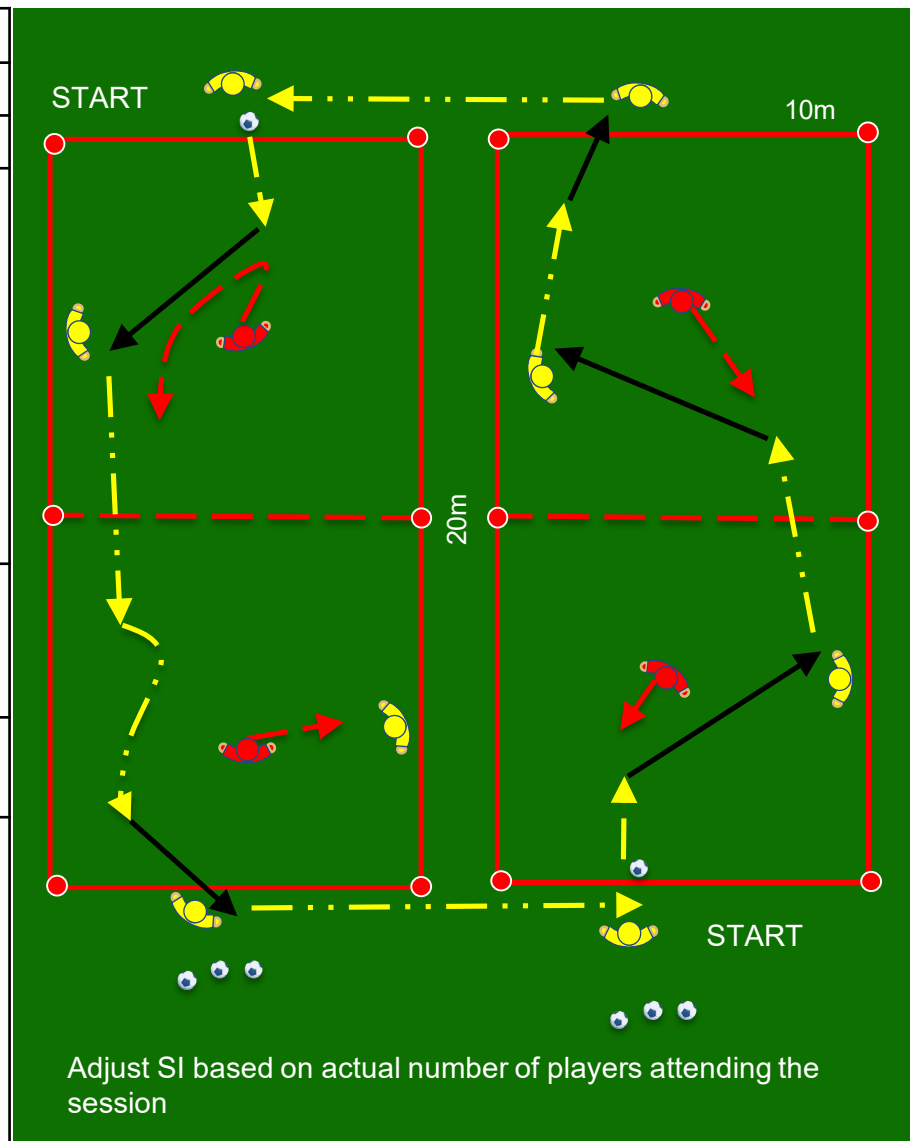


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to passing with accuracy!" OR Coach to refer to Arrival Activities Examples

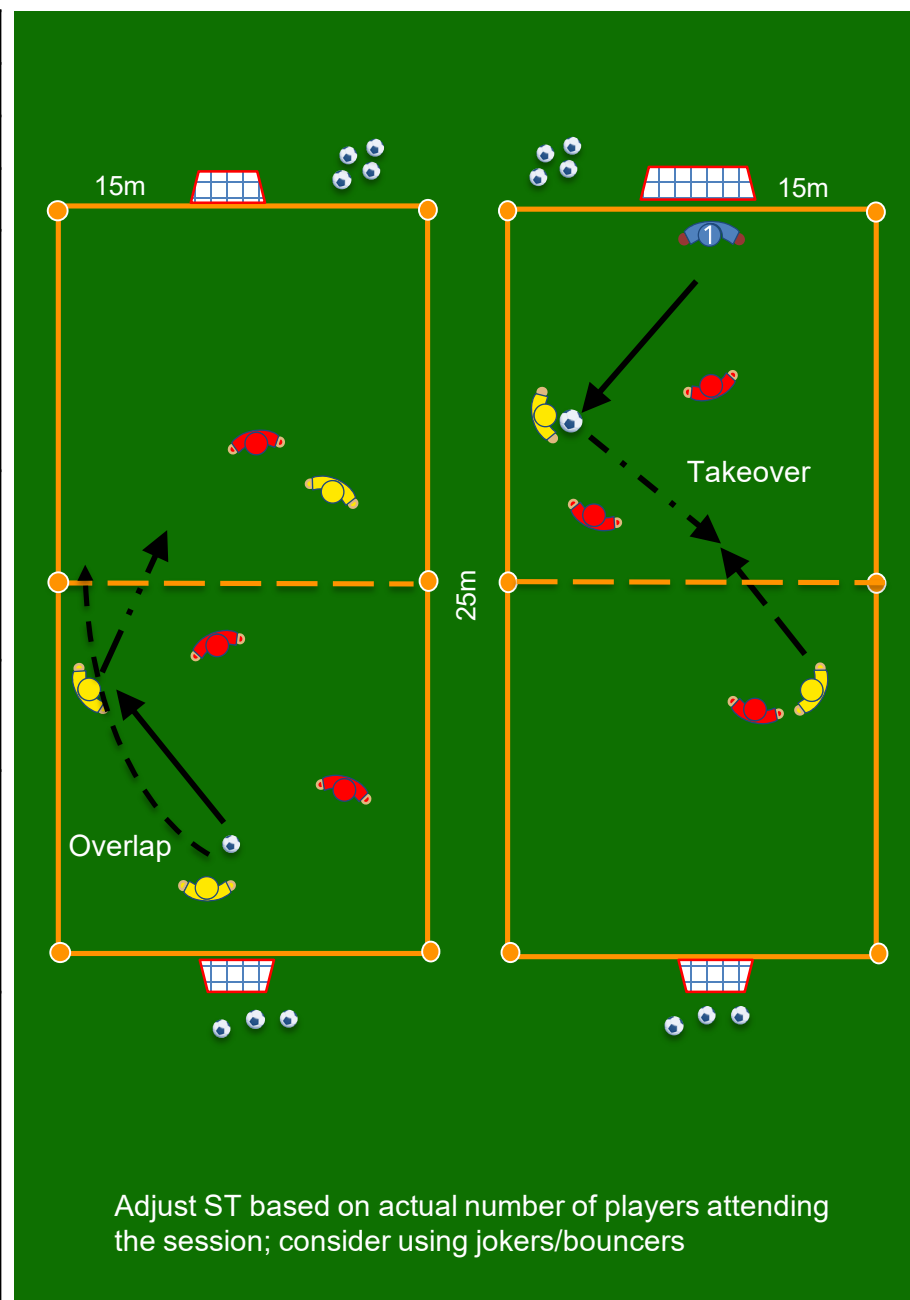
Skill Introduction

Players Involved	12 players
Areas & Size	2 areas of approx. 20m x 10m
Timing	15 mins
Rules/Explanation & Scoring Method	2 balls going at the same time - Ball starts on the end lines in opposite corners. Player drives in to create a 2v1 against a <u>passive</u> defender. - To progress to the next square, a player must <u>run with the ball</u> over halfway. (Other person stays in the back square). - Defender chooses one way and the player on the ball makes either the decision to RWTB or pass to their teammate who can. - Defenders must stay in their half of the field. - Once the ball gets to the end line the player receiving dribbles across to the other square and joins in (If they are ready)
Step Up	Defenders can now intercept Active defenders Narrower areas
Step Down	Wider areas
Competition	Two defenders now keep track of how many times the ball goes out or they win the ball in their grid. (90 second games)
Player Behaviors (what the coach is looking for)	- Players who are <u>identifying</u> when to <u>run with the ball</u> and when to <u>pass</u>. - Players who can <u>deceive</u> the defender with a <u>fake pass</u> or drawing them across and then passing. - The player off the ball <u>relocating</u> when the defender has effectively cut them off from the ball carrier.



Skill Training

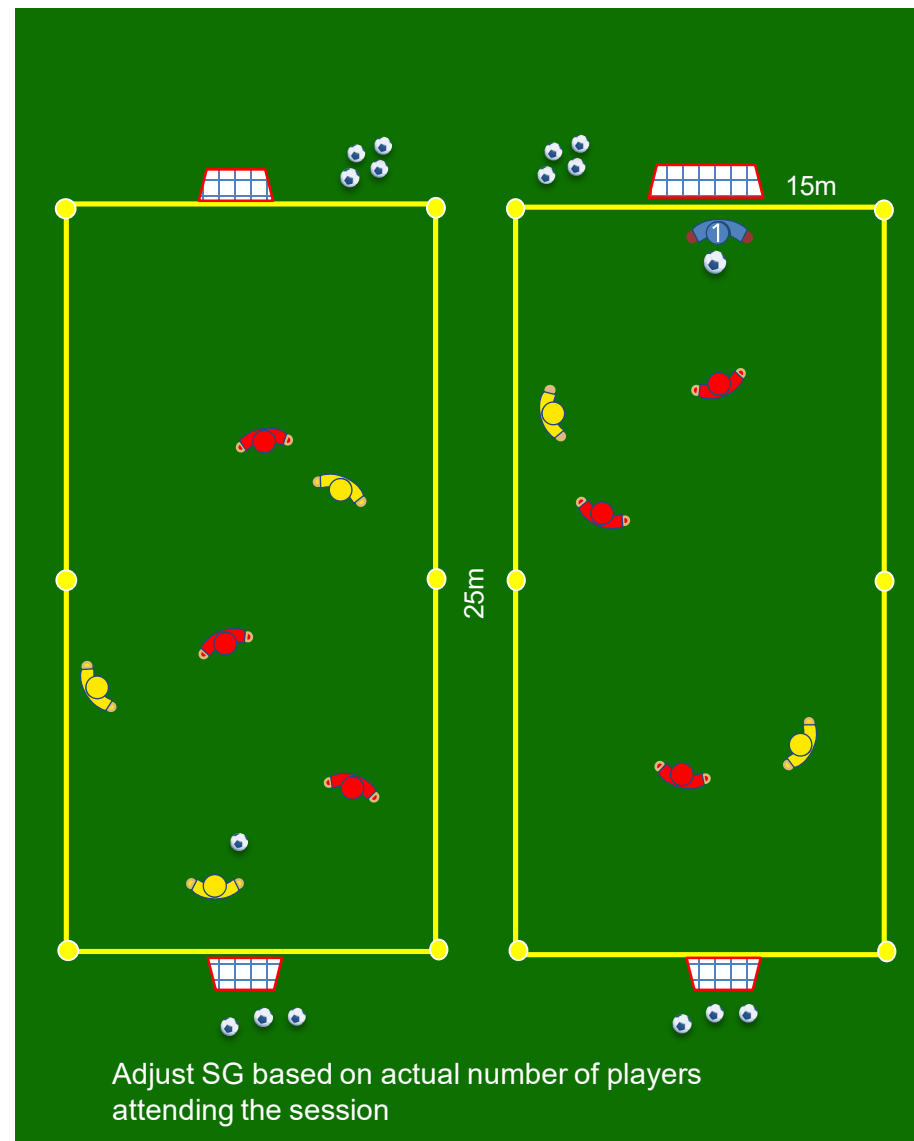
Players Involved	12 players – GK in goals if available
Areas & Size	25m x 15m per grid
Timing	20 mins
Shape/Formation	3v3's in each grid
Rules/Explanation & Scoring Method	Ball starts in back square with 2v2 in back square and 1v1 in front square. 1 attacker can progress to the front square after passing to the teammate in the front square. Defender from back square isn't allowed to track back Player can interchange positions All goals are worth 1 point
Step Up	No restrictions to defenders – they can track back
Step Down	Increase size of field Defender in front square is passive until receiving player has taken their second touch.
Exercise Task	Today's challenge is to create a 2v1 (with smart <u>positioning</u> and <u>decisions</u>) to move the ball forward and score!
Player Task / Player Actions	- Can you <u>scan</u> to find a free player or identify a 2v1? - Look to <u>drive</u> or play to a teammate to create a <u>2v1</u> - Get in a good position to receive or create a 2v1 – create a <u>passing lane</u> - Try to use <u>smart</u> movements to take advantage of the 2v1
Coaching Cues	- Before you receive a pass <u>scan</u> to find your next passing option or a possible 2v1 - As soon as you find a teammate, look to <u>drive</u> towards him or pass to him and then make a <u>smart</u> forward <u>run</u> - On your teammate's first touch, look to make a <u>smart movement</u> to get in a position to receive or to create space for your teammate to drive. - If there is a 2v1, look to <u>deceive</u> your opponent or use smart runs (<u>overlapping</u> / <u>underlapping</u> runs, <u>takeovers</u>, etc.) to capitalize on the 2v1



Adjust ST based on actual number of players attending the session; consider using jokers/bouncers

Skill Game (Free game)

Players Involved	ALL : 11 + GK
Areas & Size	2 areas of approx. 15m x 25m (same as ST)
Timing	Approx. 30min (4 x 7min)
Shape/Formation	1-2 or 2-1, up to the players
Rules/Explanation & Scoring Method	Free game 3v3s Normal game rules Scoring team retains the ball Goal = 1pt Scoring after creating a 2v1 = 3pts At end of each quarter rotate teams (GK stays) and/or swap playing direction.



Home Challenge

Coach: "Love to see if you can practice your RWTB using creativity"
OR Coach to refer to Home Challenge Examples