

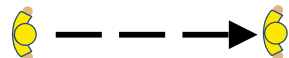
SAPCC Session Planner

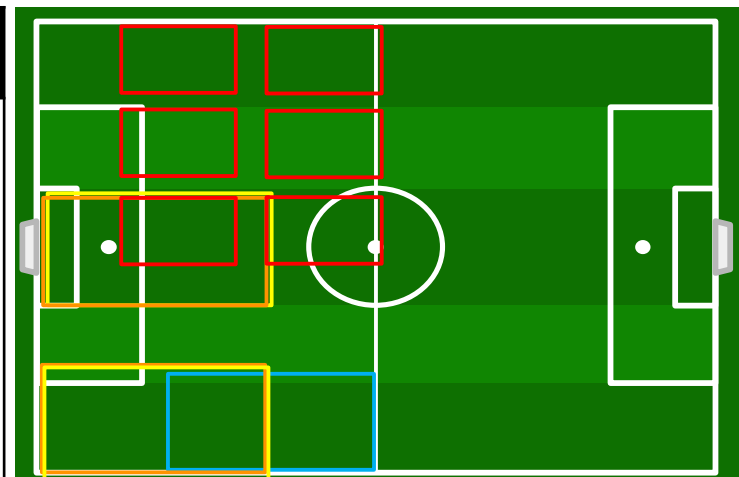
Cycle #	3	Week #	3	Session #	2	Duration	70min
---------	---	--------	---	-----------	---	----------	-------

Session Details

Session Objective	By the end of the session the players will have improved their ability to defend against players in a 1v1 situation with attacker directly in front
Core Skill	1v1
Specific Aspect	1v1 defending (attacker in front)
Key Player/Team Inspiration	R. Varane, J. Boateng, P. Maldini, T. Silva, V. van Dijk, Aziz Behich, Ellie Carpenter
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 

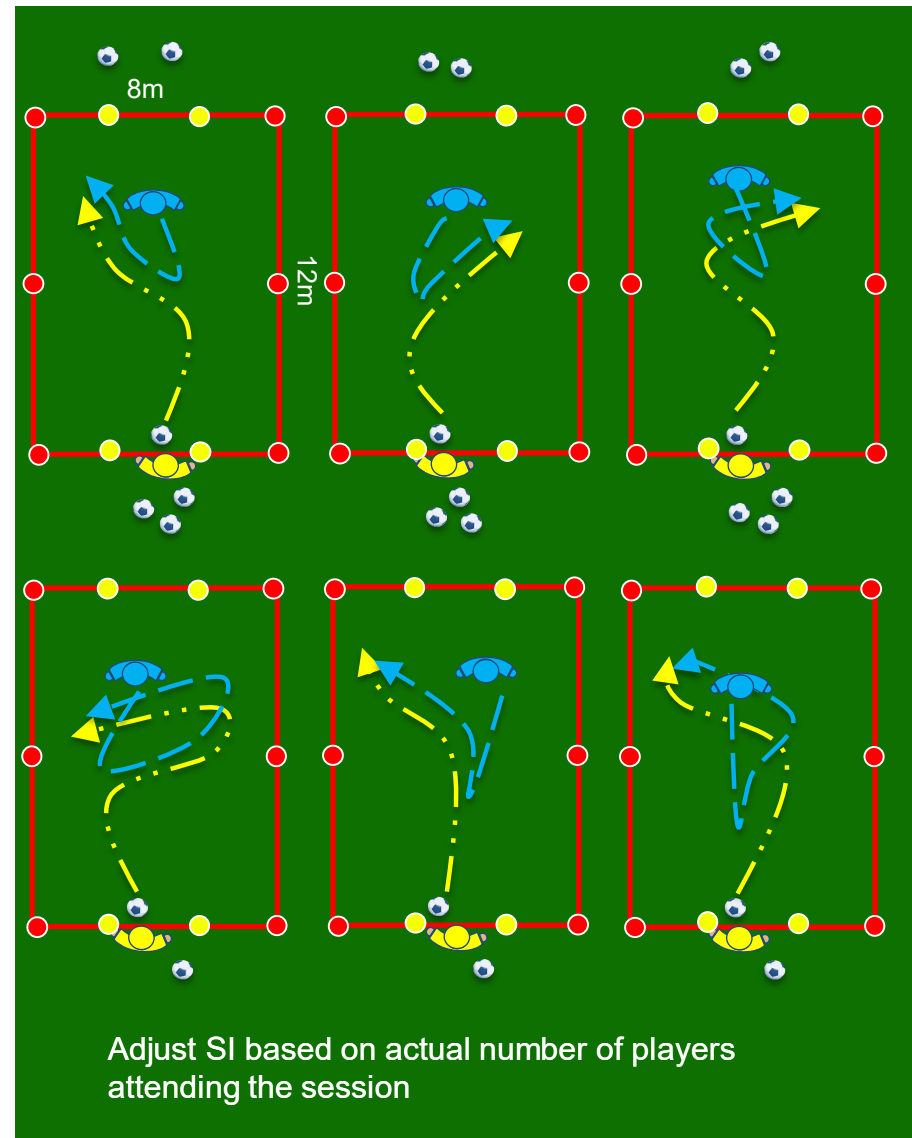


Players Arrival Activity

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

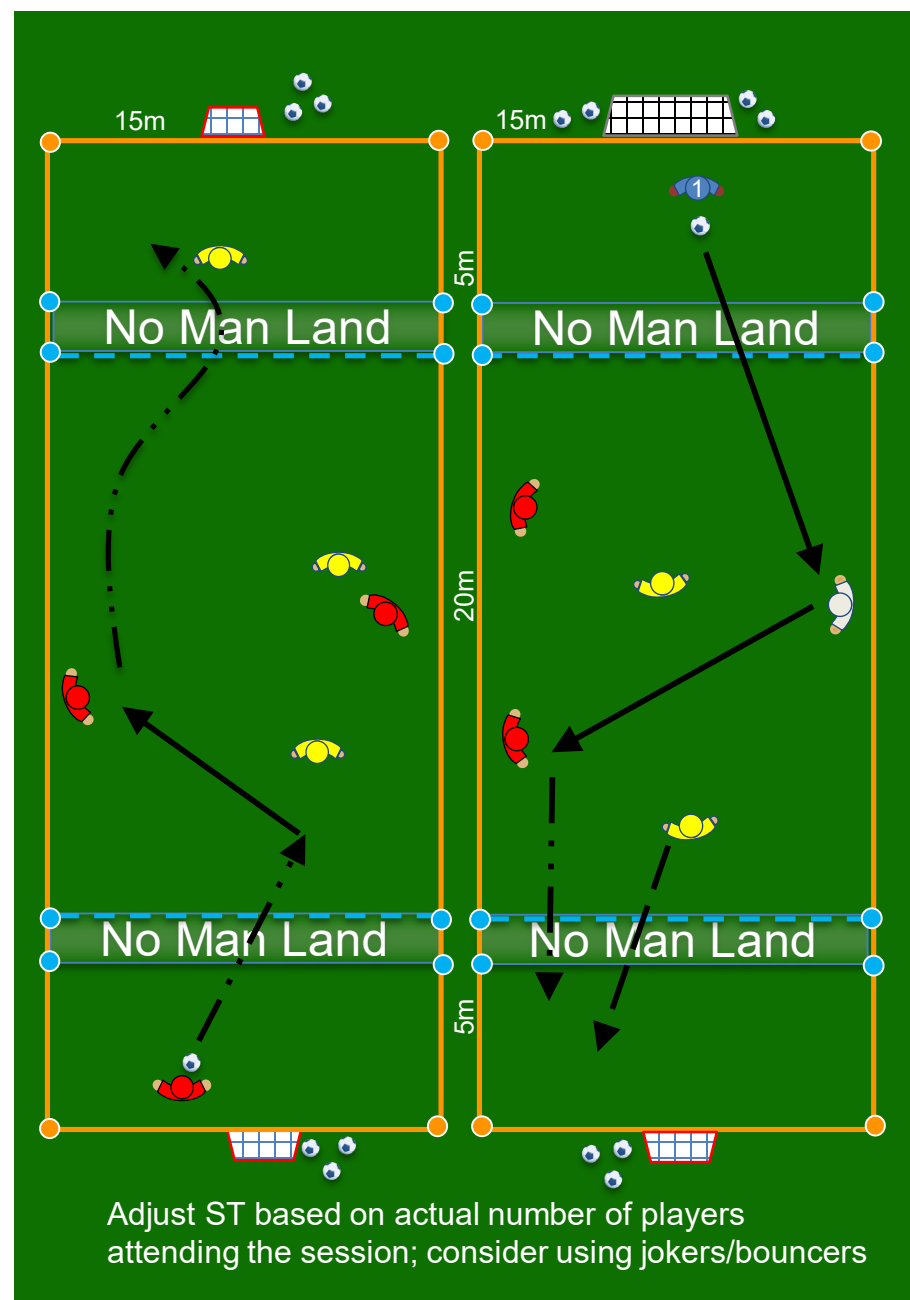
Skill Introduction

Players Involved	12 players
Areas & Size	6 areas of 8m x 12m
Timing	15 minutes (Total) – 3x4' +1' Dynamic Stretching
Rules/Explanation & Scoring Method	- All players pair up - Players alternate starting with the ball - Defender must start on their side of halfway, until the player with the ball takes their touch inside the square - To score, players need to run with the ball over the line (or between the cones) on either side of their oppositions end line. - Every 60 seconds, 1 player rotates clockwise
Step Up &	Wider goal areas Wide goals instead of central Larger field space
Step Down	Smaller goal area Smaller field space
Competition	First to 3 wins Winner goes up a square and loser goes down a square
Player Behaviors	<u>Positive</u> defending by <u>closing the distance</u> between themselves and the attacker <u>Jockeying</u> by <u>lowering body weight</u> Show the attacker <u>one way</u>



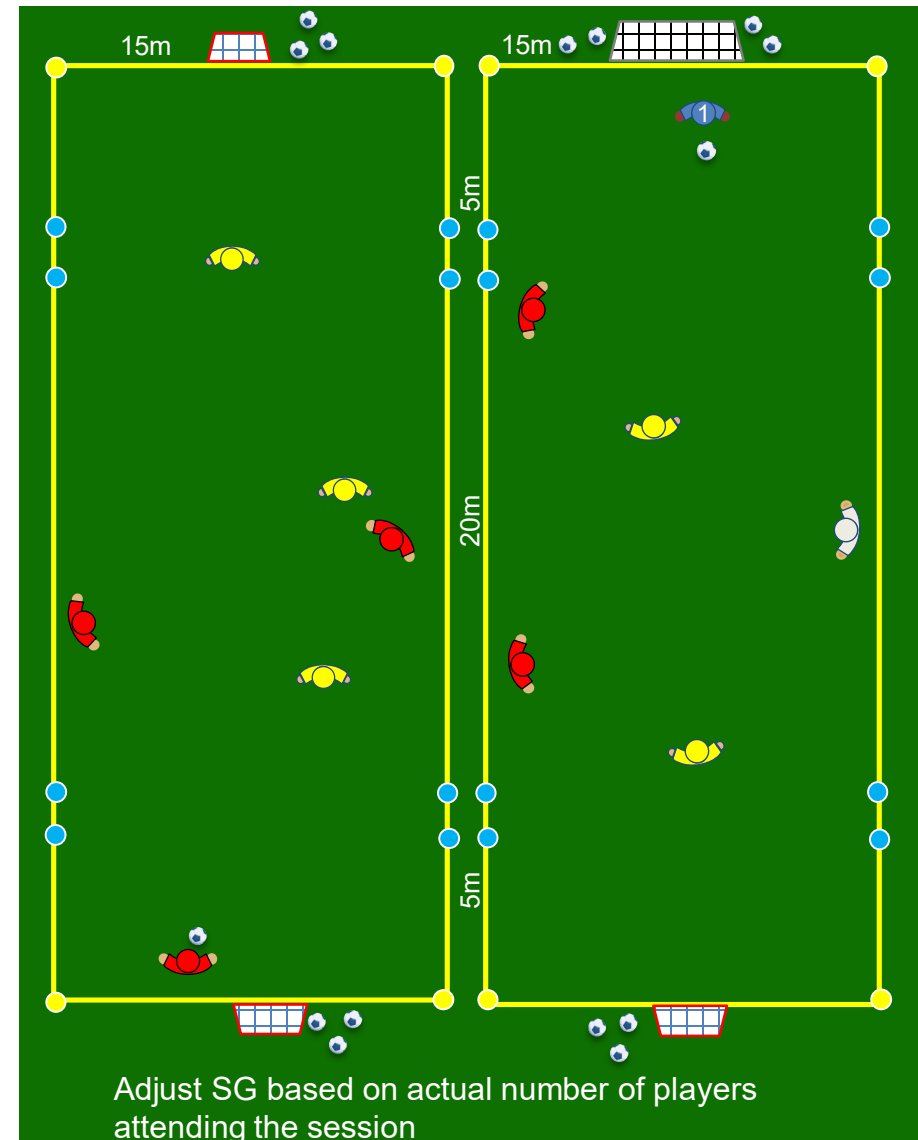
Skill Training

Players Involved	11 + GK (+/-2)
Areas & Size	2 areas of 15m x 30m
Timing	20 minutes
Shape/Formation	3v3
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 Goal = 1pt + Taking a player on and getting past them 1v1 = 1pt
Step Up	5 second time limit once player gets into 1v1 zone
Step Down	Change distances - Make it bigger
Exercise Task	"Today it is all about smart 1v1 defending and stop them from going forward and score"
Player Task / Player Actions	<u>Close down</u> space between attacker <u>Force</u> opponent <u>one way</u> Get down low <u>Jockey back</u> at same speed as attacker <u>Feint</u> to disturb the opponent <u>Disturb</u> ball with <u>leading foot</u> .
Coaching Cues	As the ball is <u>travelling</u> , can you <u>close down</u> as much space as possible <u>Arc</u> your run to force your opponent one way If your opponent slows down to CoD/feign, slow down, <u>lower bodyweight</u> and get <u>side-on</u> While jockeying backwards, attempt to <u>match</u> the oppositions <u>pace</u> & <u>disturb</u> them by <u>feinting going for the ball</u> When in tackling range, <u>disturb the ball</u> with your leading foot If you make your opponent <u>face backwards</u> don't let them <u>face forwards</u> again, if they make a half turn to face forwards can you win the ball



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
Step Down	Use No man land if 1v1 at pace is not evident



Home Challenge

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