

SAPCC Session Planner

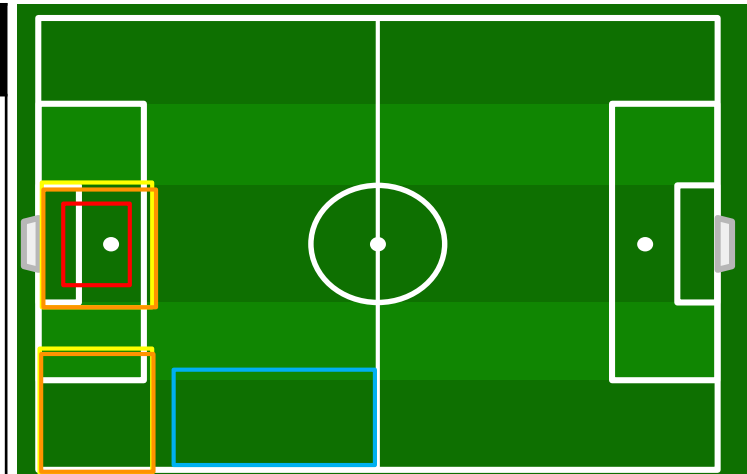
Cycle #	4	Week #	1	Session #	2	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to beat players in 1v1 situations from a static start (attacker, defender and ball all static)
Core Skill	1v1
Specific Aspect	1v1 to beat a static defender through deception, feint, change of direction
Key Player/Team Inspiration	Messi, Neymar, Bale, Pirlo, Salah, Gorry
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  Player Movement  Running With The Ball 
Isolated Practice (P)	
Game (W)	

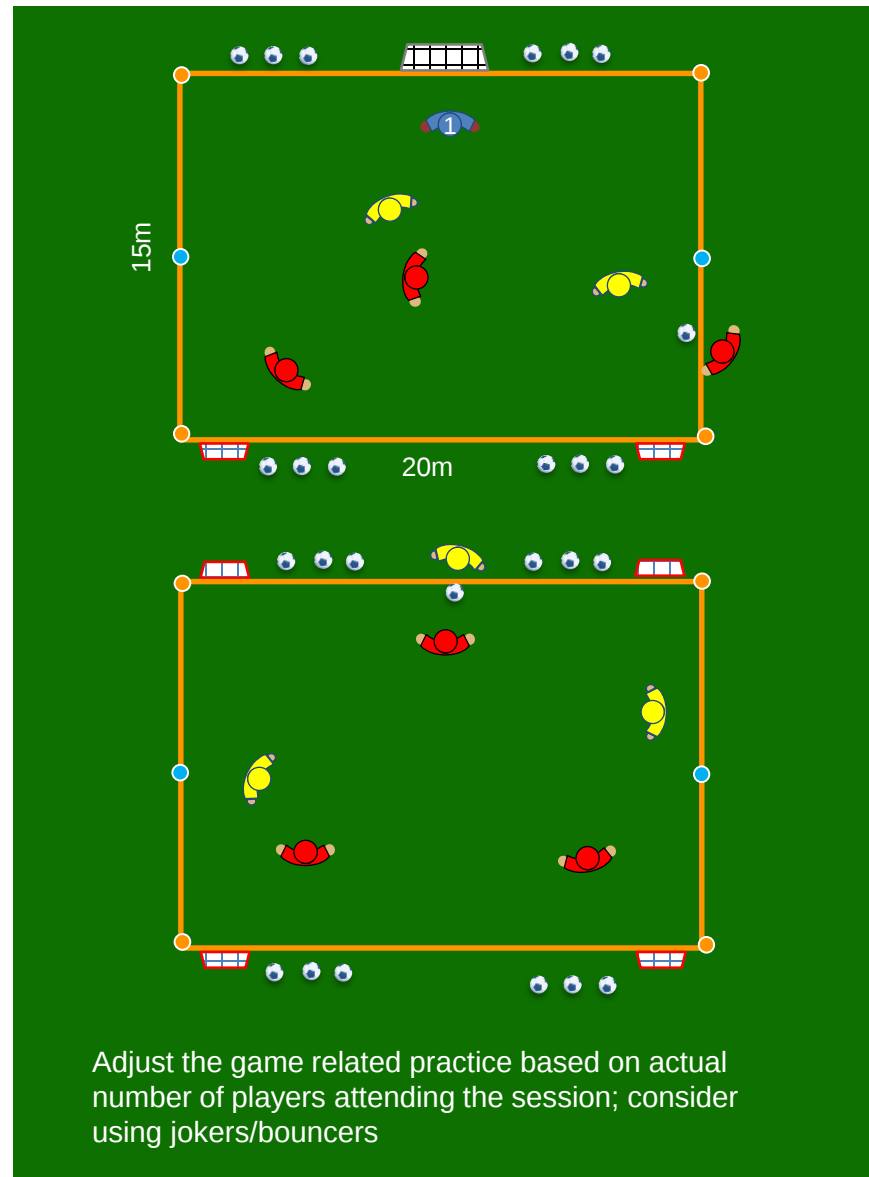


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to a 1v1 starting static with creativity!" OR Coach to refer to Arrival Activities Examples

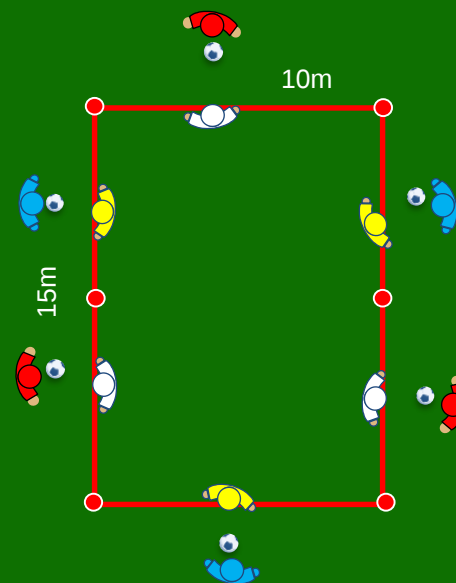
Game Related Practice (Whole)

Players Involved	ALL: 11 + GK
Areas & Size	2 areas of approx. 15m x 20m
Timing	20min
Shape/Formation	2x 3v3's
Rules/Explanation & Scoring Method	3v3's in each area <u>At every start-restart player must take a defender on (attacker, defender and ball still)</u> Goal = +1pt Goal after 1v1 from a static start = +3pt
Step Up	Decrease distance between attacker and defender at start/restart
Step Down	Decrease distance between attacker and defender at start/restart
Exercise Task / Challenge	"Today it is all about beating the defender in a situation of <u>1v1 static</u> with <u>creativity</u> to score"
Player Task / Player Actions	- Can you put the defender <u>off balance</u> with a <u>body feint</u>? - Try to beat your opponent with <u>creativity</u> (using dummies, tricks, etc.) - Can you help your teammate with a <u>dummy run/overlap</u>?
Coaching Cues	- As the players closes you down, can you put him off balance? - Try to deceive your opponent by feinting one way and go the other. - If they are closing quickly look to shift their weight by changing direction - If they come close keep the ball out of their tackling range



Isolated Practice (Part)

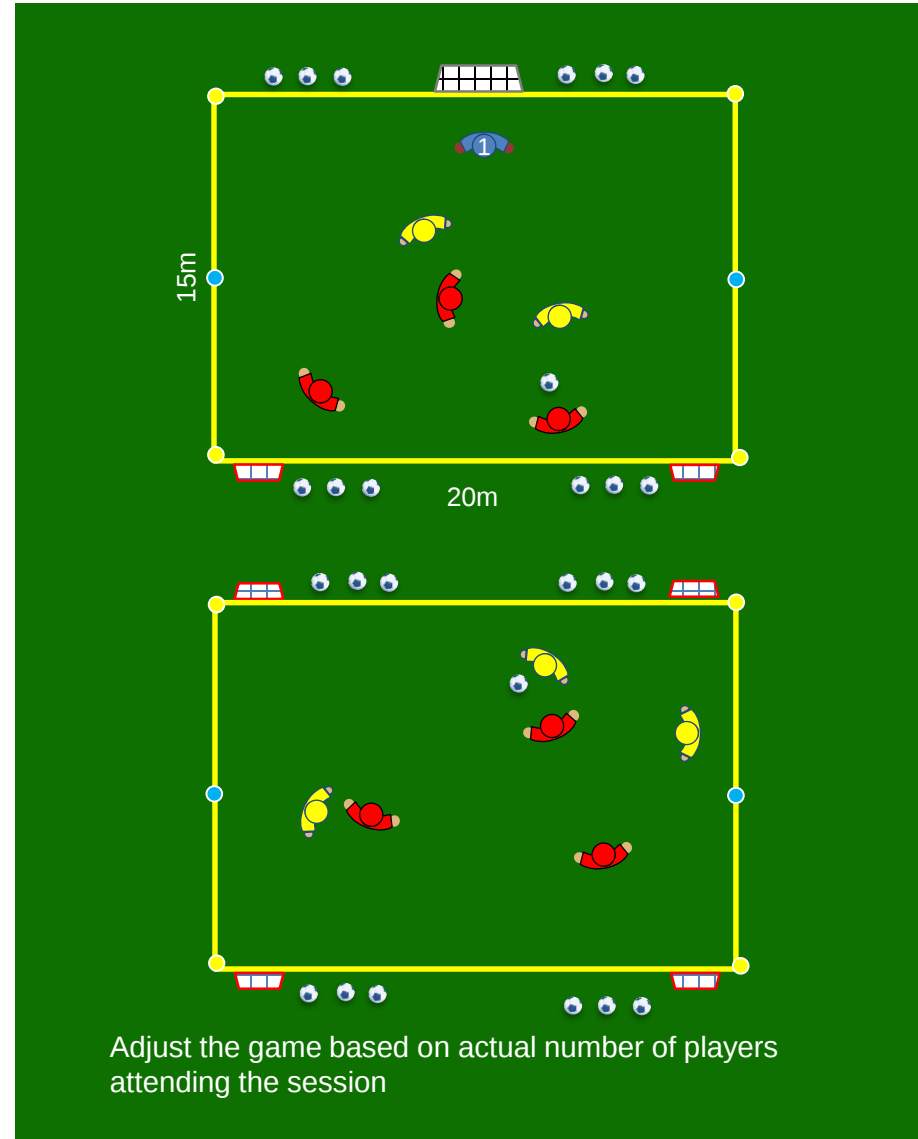
Players Involved	ALL: 11 + GK
Areas & Size	1 playing area of approx. 10m x 15m
Timing	15min
Rules/Explanation & Scoring Method	Players in pairs with the attacker outside the area with the ball and the defender on the line without ball. The attacker takes the defender on starting from a static situation (both players and the ball are still). The defender can move only after the ball is touched. Swap roles after 5 attempts. Change teams around after a couple of rounds.
Step Up &	The attacker, after taking on the defender, passes the ball to another player who just moved outside the area, and applies pressure. As soon as the static situation is recreated the receiver (attacker) takes the defender on. Decrease the distance between attacker and defender The defender can move and win the ball anytime Smaller area
Step Down	Increase the distance between attacker and defender Bigger area
Competition	Keep the score and the team with more cumulative successful 1v1 wins!
Player Behaviors	- Try to beat your opponent with <u>creativity</u> (using dummies, tricks, etc.) - Use <u>deception</u> or <u>body feint</u> to put defender off balance



Adjust the isolated practice based on actual number of players attending the session

Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	2 areas of approx. 15m x 20m (same as game related practice)
Timing	24min (4 x 6min)
Rules/Explanation & Scoring Method	Free game 3v3 If needed, at every start-restart player must take a defender on (attacker, defender and ball still) Scoring team retains the ball Goal = 1pt + 1v1 = 1 point Rotate teams at the end of each game



Home Challenge

Coach: "Love to see if you all can master the move the 1v1 static using creativity!" – OR Coach to refer to Home Challenge Examples