

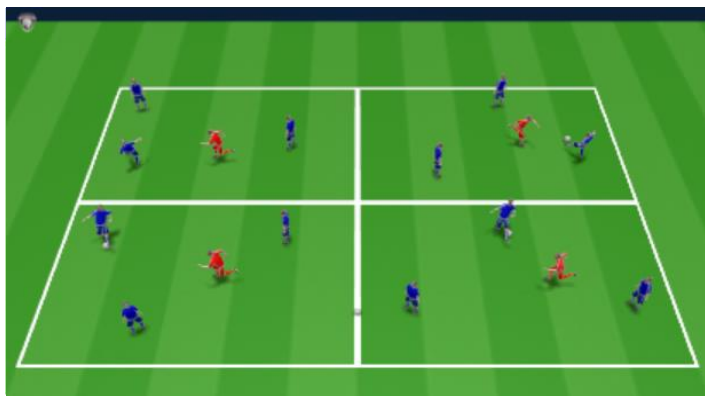
# SKILL ACQUISITION PHASE:

## 1V1



FOOTBALL  
DEVELOPMENT

**Suggested equipment list:** 16 cones, 12 balls, 4 mini goals, 2 portable goals (age-specific) and 2 sets of bibs



### Arrival Activity: Rondo (3v1)

- Set up multiple small grids
- As players arrive to training, put them into a grid with a 3v1 possession game with defender holding bib. If defender wins the ball, attacker who lost the ball becomes defender and game continues. Create more grids as more players arrive.
- **Coaching Tips:** Let them play!



### FUNctional Activity: 'Take It On' (10-15mins)

- Split group into two teams and partner off
- One player in pair starts with the ball and must beat partner in 1v1 duel and score in any goal once they enter the end zone
- Defender attempts to win ball off attacker and score in either goal at the opposite end
- Rotate role of attacker & defender after each attempt (continuous game and keep score between pairs)

**Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to 1v1. Potential key coaching words to emphasise (quick movement with the ball, use of skill moves, head up to look for space, drive into space beyond defender).

**CHANGEIT/ Progressions:** Have players rotate partners every couple of minutes (try to pair players with similar ability). Incentivise players to use skill moves by making a goal scored with a skill move in the build-up worth 2 points.



### Recognition Phase: Game (10-15mins)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a player beats an opponent in a 1v1 duel in the build-up to scoring a goal
- Create two games (if possible) to encourage more 1v1 duels between players

**Coaching Tips:** Let them play and encourage incentivised behaviour. Continue to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game (e.g., praise players that take on opponent in a 1v1)

# SKILL ACQUISITION PHASE: 1V1



FOOTBALL  
DEVELOPMENT



## Intervention: Skill breakdown (10-15mins)

- Split players into attackers and defenders at either end
- Attacker has a ball and will zig-zag through cones, whilst defender will zig-zag through cones without a ball (as shown)
- Once around last cone, attacker tries to beat defender in 1v1 duel to score. If defender wins the ball, they can score in opposite goal and receive two points
- Swap defenders and attackers after each cycle
- Create two fields if possible

**Coaching Tips:** Emphasise key coaching words (quick movement with the ball, use of skill moves, head up to look for space, drive into space beyond defender). If required, possibly intervene on speed of movement with the ball, how and when to use skill moves to beat defender and/or how to identify space beyond the defender to drive with the ball into.

**CHANGEIT/ Progressions:** Change order of players (e.g., face different opponent), create different situations (e.g., 2v2, 3v3)



## Evaluation Phase: Free Game (10-15mins)

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game

**Coaching Tips:** Let them play! Praise and encourage desired actions. Evaluate whether session has been successful in improving targeted skill. **CHANGEIT/ Progressions:** Create multiple games.



SCAN ABOVE

## Home Skill

- As a coach, you are encouraged to provide players with a 'challenge' to practice at home (e.g., perform three more juggles than a player's personal best). Challenges need to be tailored to each player's needs and abilities
- QR CODE: link to Football Australia's Skills Hub which includes a number of ideas on at-home practices players can complete based on the four core skills
- Contribute towards hours of deliberate practice to develop technical expertise