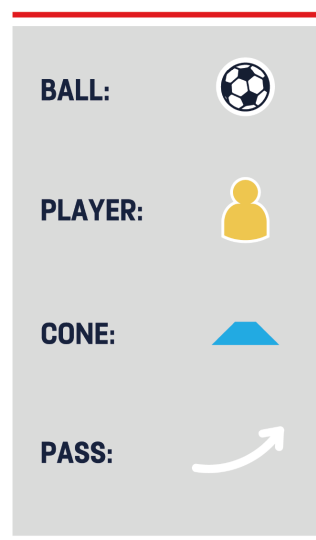
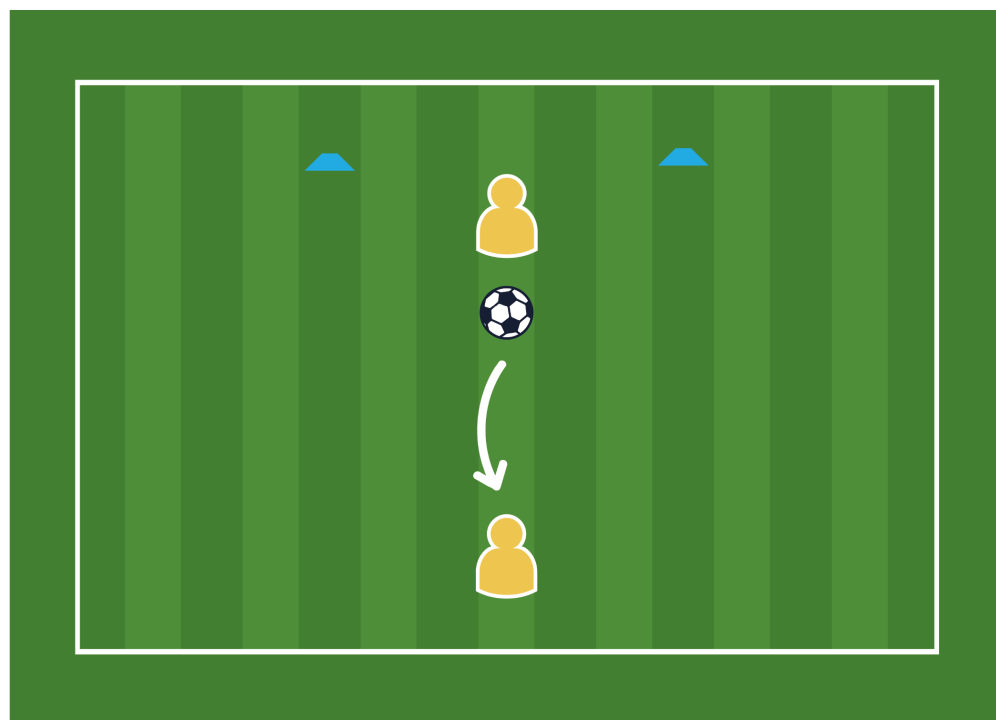


SESSION PLAN

1v1 AND SCORE



OBJECTIVES

Players will develop their understanding of:

- using different finishing techniques to score
- how to deal with a 1v1 situation.

ORGANISATION

- Split your players into pairs
- Give each pair a football, two cones (to make a goal) and a space to work in

HOW TO PLAY

- Players take it in turns to be either the attacker or defender
- The defender plays the ball to the attacker (creating a 1v1), who must try to score
- Depending on numbers or to increase the challenge, you could add a third player to act as a goalkeeper
- Regularly rotate players between positions