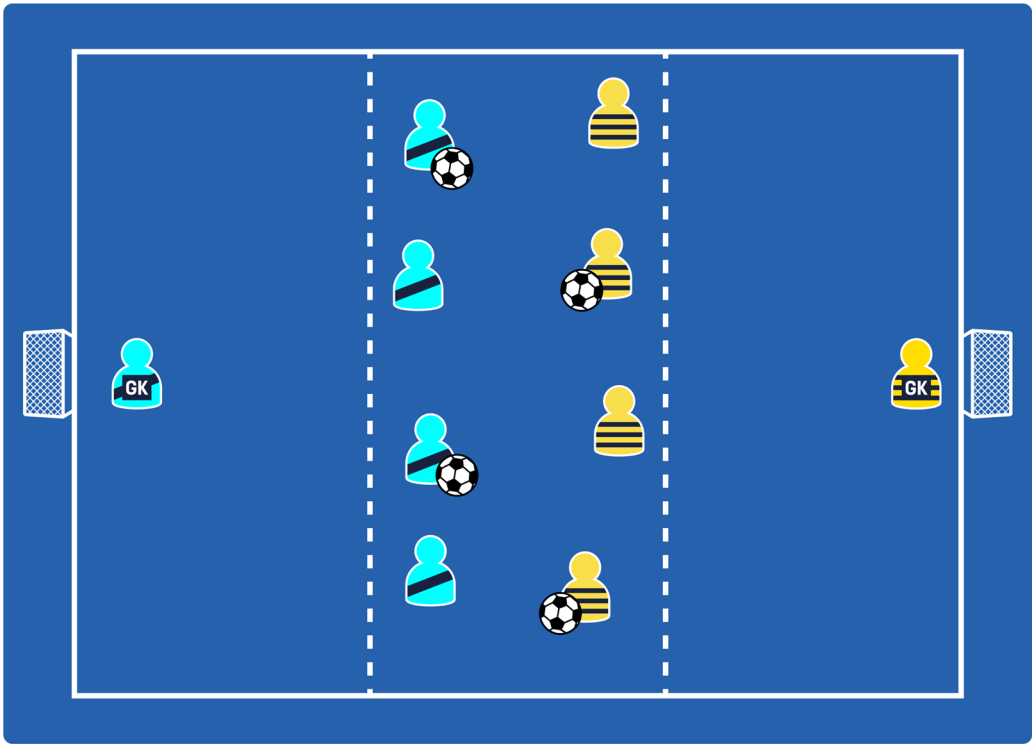



SESSION PLAN

1v1 MOVING WITH THE BALL




LEARNING

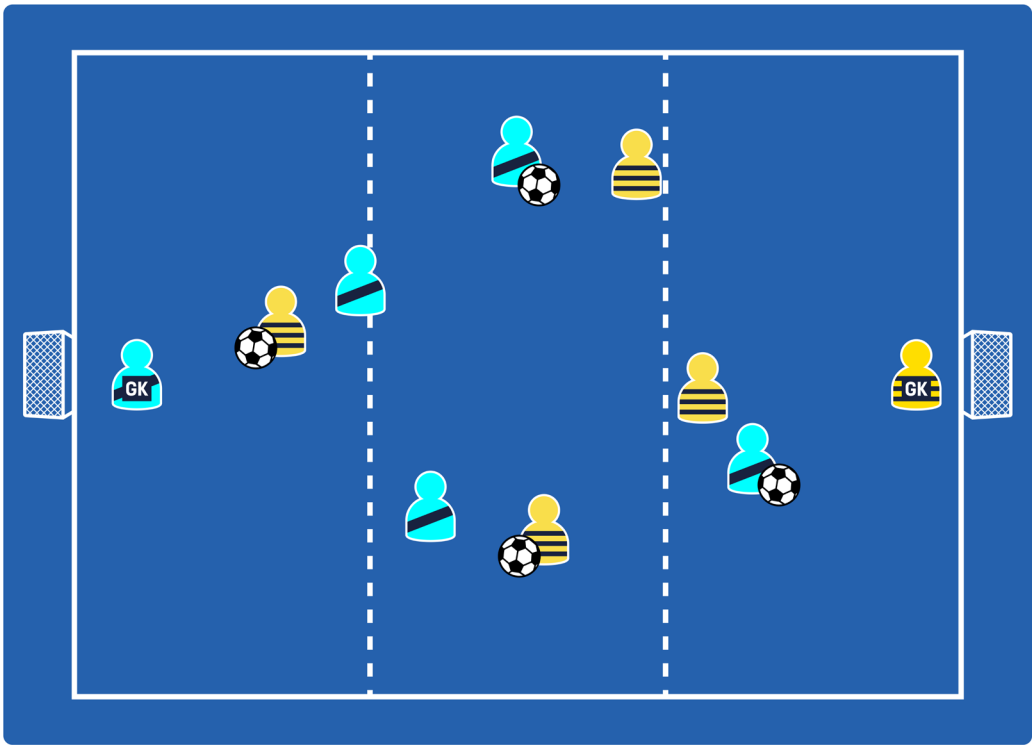



Ball: 


Team 1: 


Team 2: 


Goal: 



Ball: 

Team 1: 

Team 2: 

Goal: 

OBJECTIVES

Players will develop their understanding of:

- how to beat a defender when faced up
- how to stay on the ball in tight situations.

ORGANISATION

- On the futsal court, set up an area appropriate in size for your players
- Split the area widthways into thirds and place a goal at each end
- We have 10 players split into two teams of five, but you can adapt to your numbers
- Ask one player from each team to be the goalkeeper and the rest to pick an opponent to play 1v1 against
- Give every pair a ball and ensure each team starts with the same number of balls (if possible)

HOW TO PLAY

- The aim of the game is simply to beat your opponent and score – then repeat
 - All outfield players begin in the middle of the pitch, lined up against their direct opponent – they must beat their opponent and get into the final third to score (players can only score from the final third)
 - If the attacker scores or the shot is saved, the goalkeeper gives the ball to the player that was defending – they restart the 1v1 and attack the other goal
 - If the ball goes out of play, it can be dribbled back in – when this happens, the defending player must be one metre back from the sideline
 - Play for two minutes, then count the scores to create totals for both teams – then, players find a new opponent and play again
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