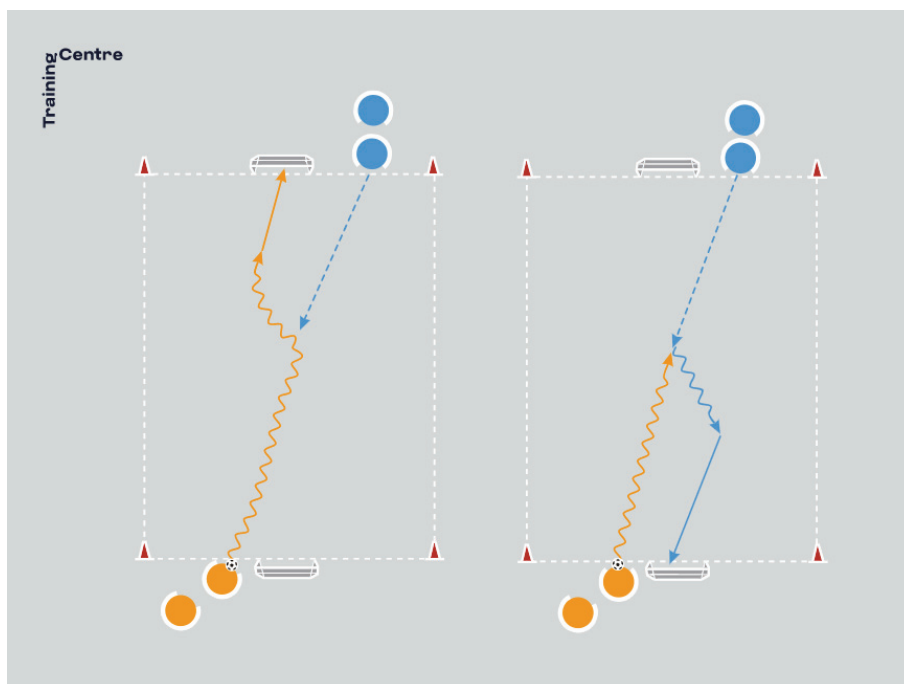




## SKILL DEVELOPMENT: 1 V 1 DRIBBLING



### Organisation

- Set up multiple small pitches for players to compete 1v1
- Have 4 players at each pitch so they can take turns
- Take turns to start with the ball and try to dribble past your opponent to score a goal
- You can also try 2v1 and 1v2 so players have varied challenges within the same organization

### Ways to make the exercise easier

- Ask the players to pair up with players of similar ability

### Ways to make the exercise harder

- Ask the players to choose someone they think is hard to beat?

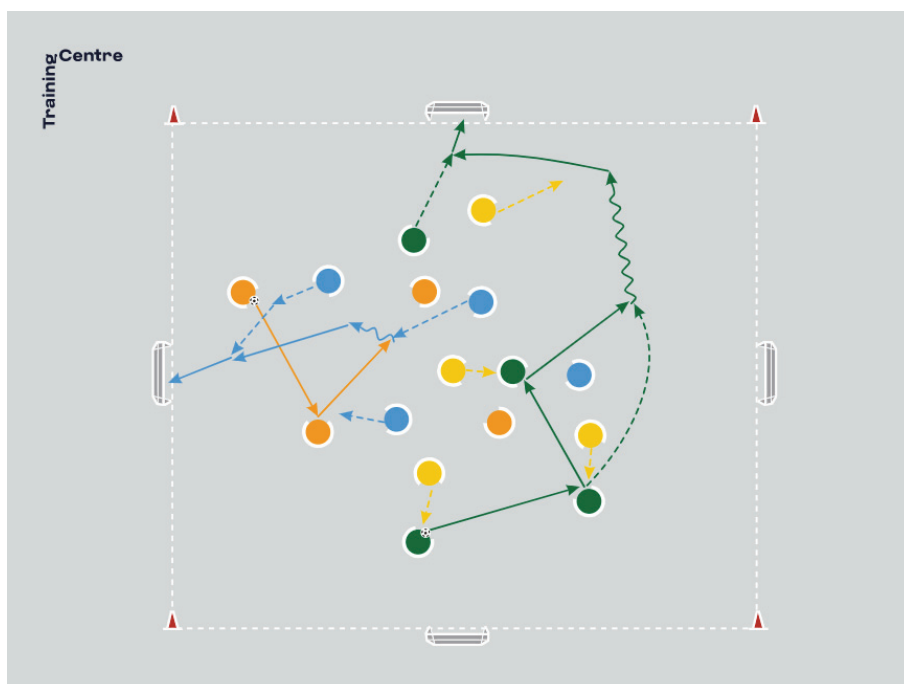
### Great questions to ask the children

- Can you trick your opponent to dribble past them?
- Can you show me what tricks you have to go past a player?
- Show me how you can defend when 1 v 1? If you win the ball can you quickly try and score?

### Safety Points

- Create a safe space to play

## GAME APPLICATION: SMALL SIDED GAMES WITH INTERFERENCE



### Organisation

- Organise 4 teams and two pitches on the same area with goals going across each others pitch
- Green v Yellow play in one direction and Orange v Blue play in the other direction
- Rotate teams every 5 minutes so they all play each other

### Ways to make the exercise easier

- Teams can have extra players

### Ways to make the exercise harder

- Your team can have less players

### Great questions to ask the children

- Can you focus on your own game?
- Can you try to create space as a team in the direction of your own game?
- When you lose the ball, can your team quickly become defenders of the right goal?

### Safety Points

- Ask players to remain very aware of all others around them, run with your heads up
- Create a safe space to play