

Select a Date

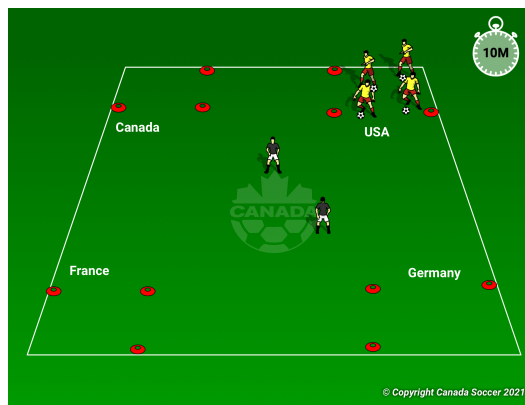
Coach

Age group:

U8s

U5 Week 3 - 1 v 1 Duels & Physical Literacy

45minutes



**WARM UP- Around the World - 5/10 minutes**

Groups of 10-12 Players

Organization: balls and cones

1 Ball per player

Players dribble to the "Country" (Box) that the coach calls out

2 Coaches (parents) can be inside the area to provide interference for players to manipulate around

**Facilitator Feedback:**

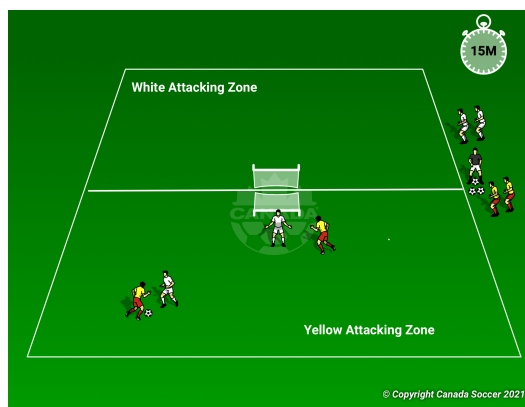
Keep your head up - Keep the ball close - Find the open spaces - Evade the Defenders - Ask Questions: What part of the foot allows you to dribble, maintain control & speed with the ball ?

**Progressions:**

Can Start with no ball involved "Basic Running"

Add the ball as players travel to different countries

Inside a country, add ball skills (ie. Toe Taps)



**Organization:**

Groups of 3- 8 players - 1v1 or 2v2 Games

Two Goals are set up back to back Each group has an assigned goal to score

1v1 or 2v2 game - Players score on the goals inside their assigned attacking half

**Facilitator Feedback:**

Attack the goal

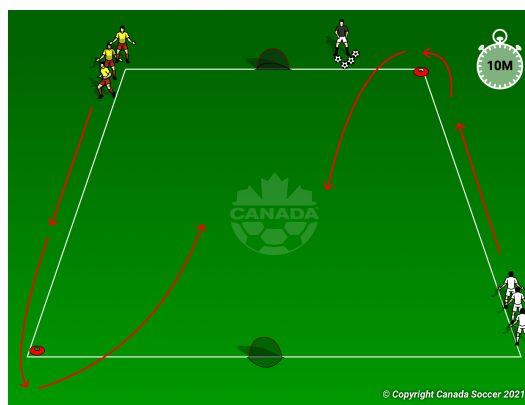
What do you need once you create a gap

**Progressions:**

Progress to 3v3

Keep the games to 60" or 90"

Have lots of balls ready & around you to play into the grid in order to keep the flow going (IMPORTANT!!)



**PHYSICAL LITERACY - 1 v1 Relays to 2 Goals - 10 minutes**

Organization: 2 nets, balls

3 players per side

Players run around the cone at the corner of their defending goal

Coach then plays a ball inside the grid for a 1v1 duel to directional goals Games are 20" to 30" and then next pair of players go

**Facilitator Feedback:**

Attack the goal - Use your skills - Beat the Defender - Ask Questions:

What do you need once you create a gap?

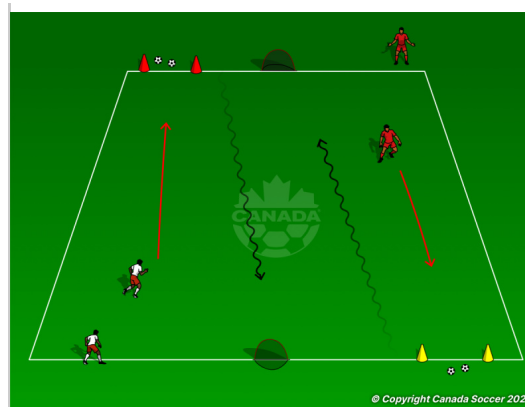
**Progressions:**

Change the Running Pattern

Players do a tumble or jumping action at the start

Coach creates different starting triggers (ie Bounce ball to initiate players sprint around cone)

Make it 2v2 duels



On coaches command, players race to opposite side to grab a ball, turn and race to be the first player to shoot and score on net. Once first person shoots, the second player races.