



Team practice

Location: On Field

Group: Demo Team

Date & Time: 3/4/2022 - 1:00 PM

Duration: 75 min

Notes:

Focus - Individual technical skill of 1v1 elimination

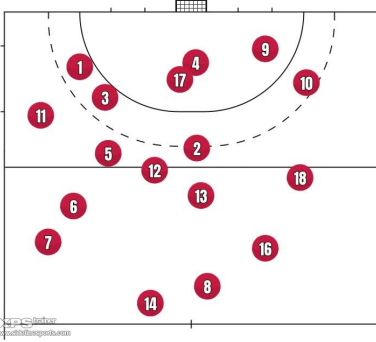
Warm up

Minutes: 15 Intensity: 5



Introduction

During a generic warm up take the time to talk through the session AIMS, OBJECTIVES / OUTCOMES - including this session plan. See video for the basics of the focus today: 1v1 elimination



Resources needed

Balls: 3-5 per player
Cones: None
Pitch Size: 1/2 a field
Goals: None

Purpose

This drill is for the players to explore moving the ball around their body.

An introduction to ball manipulation & body faints/fakes.

Organisation

A short discussion on the elements that make up an effective 1v1 Elimination.

Allow the players to freely move around amongst each other with the ball ahead of them.

Variations

The higher the group's ability, the smaller the space.
Encourage players to explore 3D/Aerial skills

Coaching topics

GRIP:

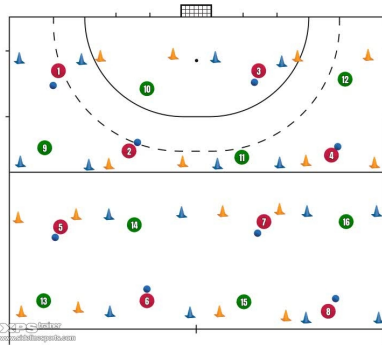
Split grip - Challenge the "better" players to put their Right hand higher while performing the skill.

BALL POSITION:

Ball ahead of the body while moving it from right to left.

BODY:

Eyes must be "up" to ensure vision.



Resources needed

Balls: 3-5 per pair
 Cones: 4 per pair
 Pitch Size: 4 x 6 meters per pair
 Goals: None

Purpose

The duel is between the attacker & defender (1v1).
 The player in ball possession is attempting to get past the defender.

Organisation

Withing the box, the defender passes the ball the the attacker to activate the drill.
 The attacker attempts to get past defender to a demargated "goal".

Variations

Youth level - Defender starts without a stick and is passively getting into the path of the attacker.

Elite - The space is smaller and the defender is fully active, attempting to win the ball.

Coaching topics

PRINCIPLES:

Deception - Using the eyes, shoulder, elbow, hip movement and vocals to get the opponent to believe the "lie".

Change of direction - Into space.

Change of speed - Acceleration

~ Slow to attract

~ Fast to eliminate

GRIP:

Split grip - Challenge the "better" players to put their Right hand higher while performing the skill.

BALL POSITION:

Ball ahead of the body while moving it from right to left.

BODY:

Eyes must be "up" to ensure vision.



Resources needed

Balls: 1 in player; 40 around the field
 Cones: None
 Pitch Size: 1/2 a field
 Goals: 2
 Teams: 6 vs 6 (with 2 substitutes per team)

Purpose

This SSG is aimed at allowing players space to use the 1v1 elimination skills in a game context.

Organisation

A point/goal is given for every successful 1v1 elimination as well as goals scored into the goals.

The SSG is played over half a pitch. 2 teams with a goalkeeper each.

Variations

PRINCIPLES:

Deception - Using the eyes, shoulder, elbow, hip movement and vocals to get the opponent to believe the "lie".

Change of direction - Into space.

Change of speed - Acceleration

~ Slow to attract

~ Fast to eliminate

GRIP:

Split grip - Challenge the "better" players to put their Right hand higher while performing the skill.

BALL POSITION:

Ball ahead of the body while moving it from right to left.

BODY:

Eyes must be "up" to ensure vision.

Coaching topics

6 v 6 SSG - Sideline to Sideline

Cool Down

Cooldown exercises and stretches lower your chance of injury, promote blood flow, and reduce stress to your heart and other muscles. Plus, you'll bring your heart rate, body temperature, and blood pressure levels back down to their normal levels before you continue carrying on with your usual activities