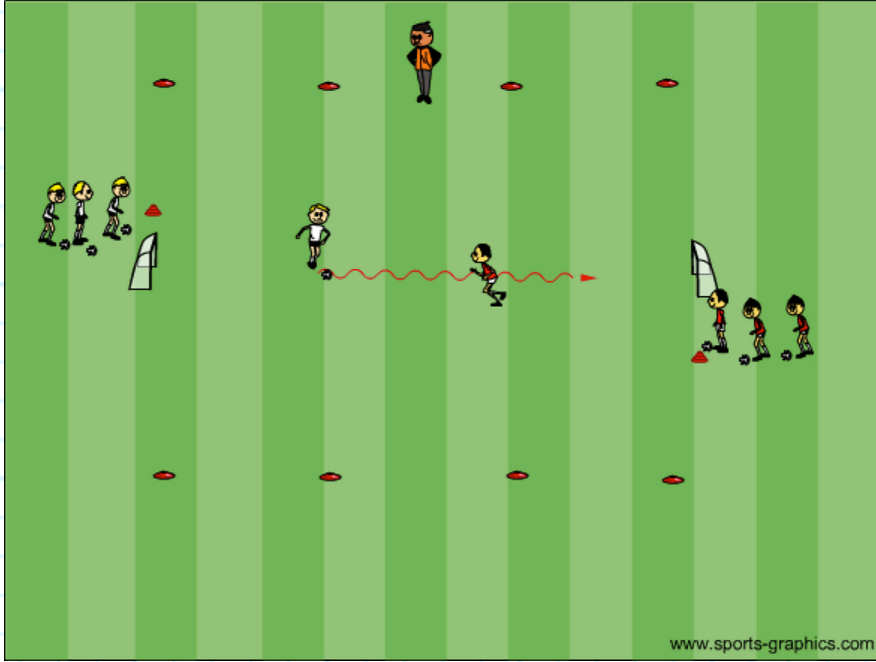




Date:	Week:
Topic: 1v1 Flying Changes	Duration:
Theme/Stage:	Extra Equip:
Level: U5 and Up	
Coach:	



Set Up: Set up Grid with a goal at each end. Each team forms a line next to the goal they are defending. The first player in each line plays 1v1. The player that shoots stays on and the next player in line for the other teams dribbles on a ball to play 1 v1. (Coach can help by prompting next player)

Progress to 2v1 and 2v2

Web Link for video:

Coaching Points/ Questions

Technical:

How can you beat your opponent?

How can you stop your opponent from scoring?

Tactical:

Psychosocial:

Physical:

To Adjust Difficulty:

Notes: