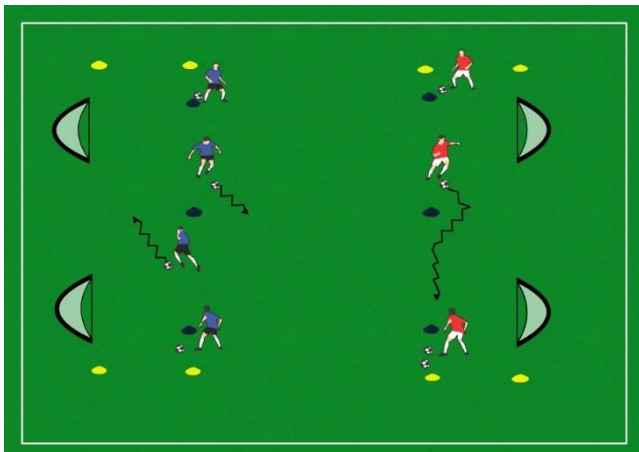




# NEWCASTLE PERMANENT SKILL OF THE WEEK

## SESSION PLAN – 1v1



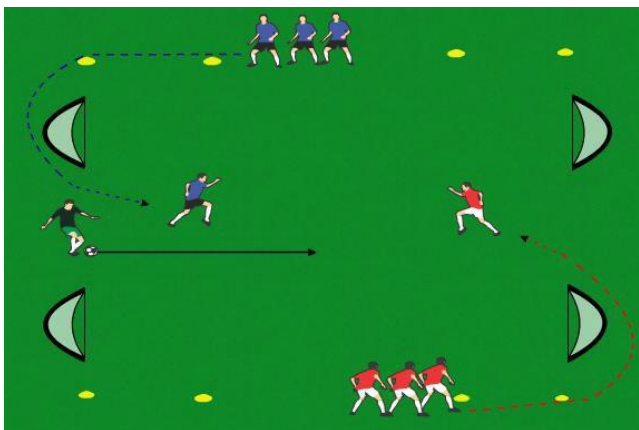
### BEGINNING – Beat the markers (15m in length)

Players run with the ball and perform a feint or sidestep to go around the middle markers on either the right or left side.

You can set up the lines across each other (shown in the video), or side by side as shown here.

Keep it flowing so players are not standing in line for too long, have a maximum of two players in each line.

Challenge the players to accelerate once they beat the marker, and have a relay race or competition to increase engagement.



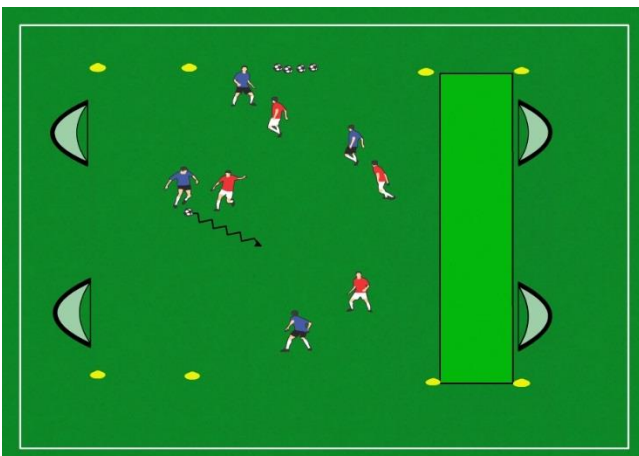
### MIDDLE – 1v1 relay (30m by 20m, 5m shooting zone)

Players line up on opposite sides as shown, on the coaches call one player from each team runs around the goal and into the middle.

The coach passes to the attacking player who tries to beat the defender and score within the shooting zone (5m zone).

If the defender wins the ball they can score in one of the opposite goals.

Keep it flowing quickly, keep score to increase motivation.



### END – Game (30m by 20m, 5m shooting zone )

Players are divided into two teams and play a game.

Players can only score within the shooting zone (highlighted)

#### Session Tips:

- Arrive early and set up the area.
- Get it started quickly.
- Be enthusiastic.
- Provide lots of encouragement.
- Make it fun – change it up.
- Keep everyone active.

*Football that's safe, organised, and fun!*