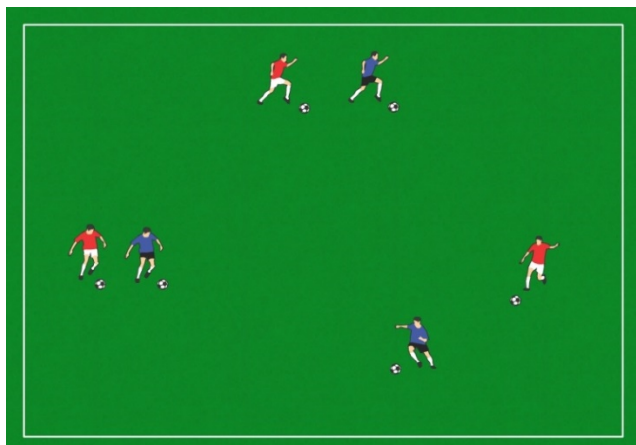




NEWCASTLE PERMANENT SKILL OF THE WEEK

SESSION PLAN: 1v1



BEGINNING – Follow the leader (15m by 10m)

Players get into pairs; one is designated as 'leader' and the other as 'follower'.

The 'leader' moves around the field, changing speed and direction frequently, adding variations.

The 'follower' then copies everything the 'leader' does. Turn it into a game and change the rules every 30 seconds to keep them interested.

Can the leader 'lose' the follower by changing direction and accelerating?



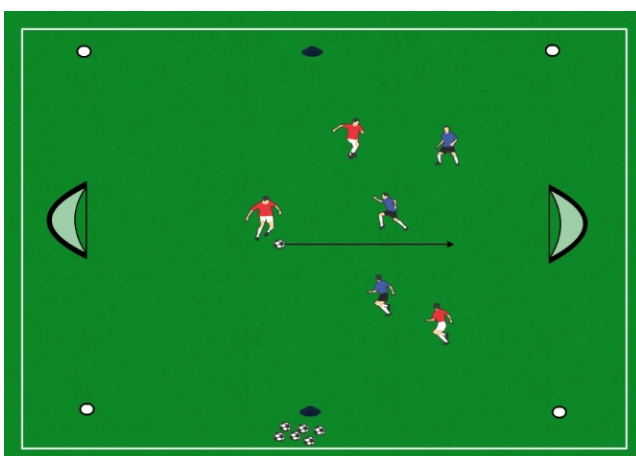
MIDDLE – Tricky Goal Lines (10m by 10m)

Players line up on corners diagonally opposite to form 'attackers' and 'defenders.'

The attacker dribbles the ball through the gate, now the defender can enter the square.

The attackers tries to beat the defender to score in one of the two goals (within the shooting zone)

If the defender wins the ball they try to dribble the ball through the gate at the start of the grid.



END – Game (30m by 20m)

Players are divided into two teams and just play a game.

Provide lots of encouragement and 'just let them play.'

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!