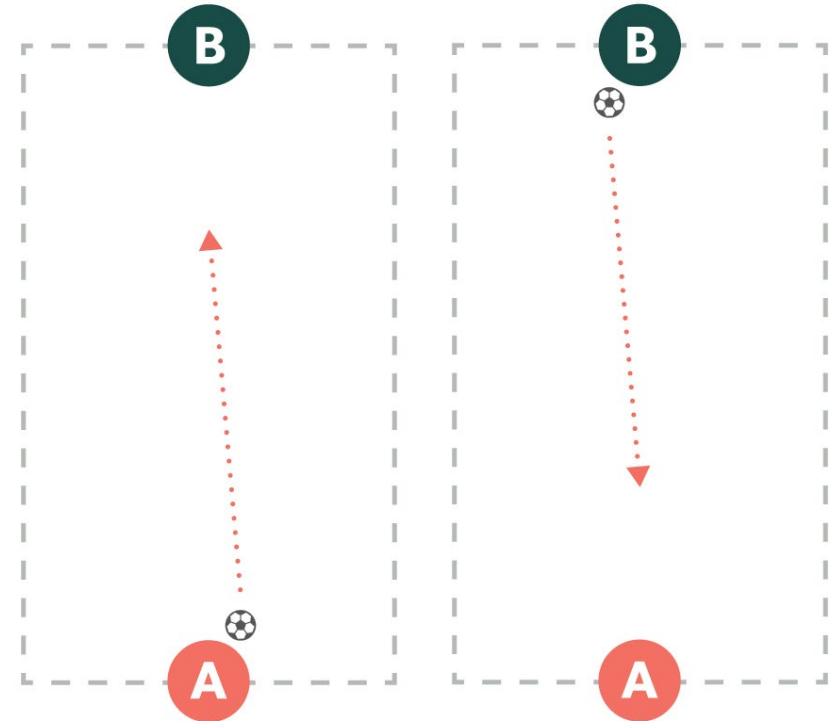


# SKILL INTRO

15 Minutes

1 v 1  
ATTACKING

- 6 grids (10m x 5m)
  - 6 games x 2 minutes
  - A starts by passing to B
  - A then becomes the defender
  - Players score by running the ball across the opposite line
  - If the ball goes out or score, alternate starting player
  - Player with the highest score wins
  - Rotate opponent after game ends
- 
- Take a positive first touch forward
  - Aim to attack the defenders front foot
  - Use deception to commit the defender



NEWCASTLE PERMANENT SKILL OF THE WEEK

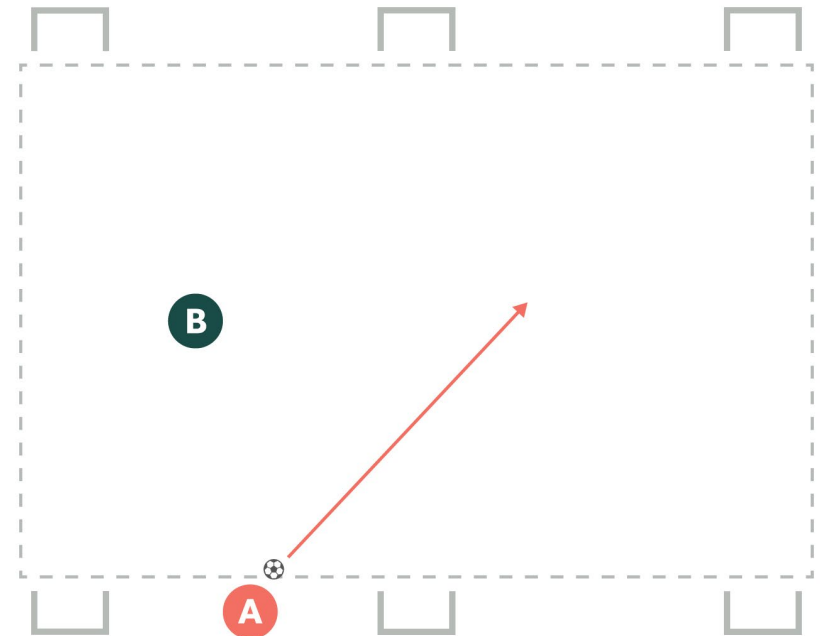


# SKILL TRAINING

20 Minutes

1 v 1  
ATTACKING

- 2 areas (20m x 20m)
- 3 gates positioned L, R and M at each end
- A starts by dribbling into the area
- B then moves forward as a defender
- Players score by scoring by dribbling through any of the 3 gates at the opposite end
- If the ball goes out or score, alternate positions
- Another two 1 v 1's can also occur in the same area
- Include points from Skill Intro
- Slow down with the ball and draw the defender in
- Use a change of direction when performing a skill
- Accelerate away with a quick change of speed



NEWCASTLE PERMANENT SKILL OF THE WEEK

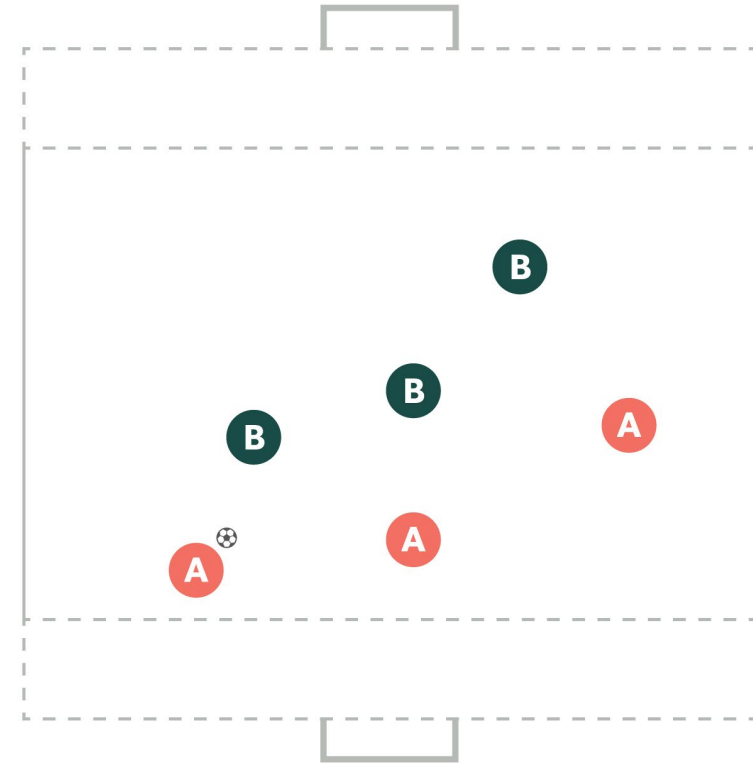


# SKILL GAME

25 Minutes

1 v 1  
ATTACKING

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Players must first dribble into their attacking endzone before shooting
- Only one defender can enter the endzone to defend the goals/attacker once the attacker has entered the endzone (1 v 1)
- Can we see a change in behaviour when we attack 1 v 1?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you beat a defender and score



NEWCASTLE PERMANENT SKILL OF THE WEEK

