



SESSION 5 • STANDALONE PLAN

The 1v1 Attacker — Approach, Feint, Accelerate

One against one • Reference format: U12 9v9 • 60 minutes • 14–16 players

AT A GLANCE

TIME	MINS	PHASE	PRACTICE
0:00 – 0:10	10	■ Warm-up	5.1 The Shadow Grid
0:10 – 0:25	15	■ Technical practice	5.2 The 1v1 Arena
0:25 – 0:40	15	■ Skill game	5.3 Beat Someone First
0:40 – 0:55	15	■ Conditioned match	5.4 Duel Bonus Match
0:55 – 1:00	5	■ Reflection	Player-led review

USING THIS SESSION

This is a standalone plan. It does not depend on any other session in the set and can be run whenever it is useful to you — as a one-off, out of order, or repeated. Nothing here assumes the players did something last week.

U12 nine-a-side is the reference format, not the audience. The session is written at 9v9 because something has to be, and the phone index adapts it to the other four Irish FA formats — pick your team at the top of it and this session will tell you whether to run it as printed, scale it, adapt it, or leave it for another age.

Scaling up, and down as far as 7v7, is a matter of numbers. Keep roughly the same space per player: to 7v7 that is about a fifth smaller with a player off each team, to 5v5 about a third. **For eleven-a-side** add ten to fifteen metres to the length of the bigger practices and put the extra players in as outside players or a second team, never in a queue.

Below U10 it is not just a matter of size, because the game itself is different. There is no offside, no throw-in — restarts are a dribble or a pass in — no referee, and no league result. At U8–U9 the technical practice usually wants shortening or dropping. At U6–U7 there are no goalkeepers at all and the four-phase hour is the wrong shape entirely. The Formats tab in the phone index has the rules for each stage.

WHY THIS SESSION MATTERS

Every attack in football eventually arrives at the same problem: one player, one opponent, and not enough space to pass. Teams that can solve that problem create chances; teams that can't play sideways until they lose the ball. Yet the 1v1 is the most under-coached moment in youth football, because it is the moment most likely to end in a mistake — and mistakes in front of teammates are what young players fear most. The result is a generation of technically tidy footballers who will not take anyone on. This theme exists to change that. Here the squad learns that beating a player is not a talent you either have or don't; it is a sequence — approach at the right speed, move the defender, then accelerate — and every part of that sequence can be taught. Tonight, losing the ball while trying is the correct outcome. Say so, loudly and often.

BY THE END, PLAYERS CAN

- **Attack the defender at controlled speed** — arriving at pace but able to change direction, not sprinting into a tackle.
- **Move the defender before going past them** — a feint, a body drop or a change of pace that produces a reaction.

- **Accelerate away in the first three steps** after the move, because the move is worthless without the burst.
- **Attack the defender's front foot** and go past on the side they cannot recover to.
- **Attempt a 1v1 without fear of losing the ball**, and recover immediately when it goes wrong.

KIT LIST

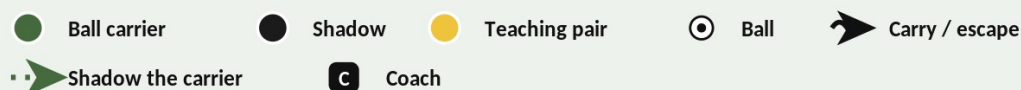
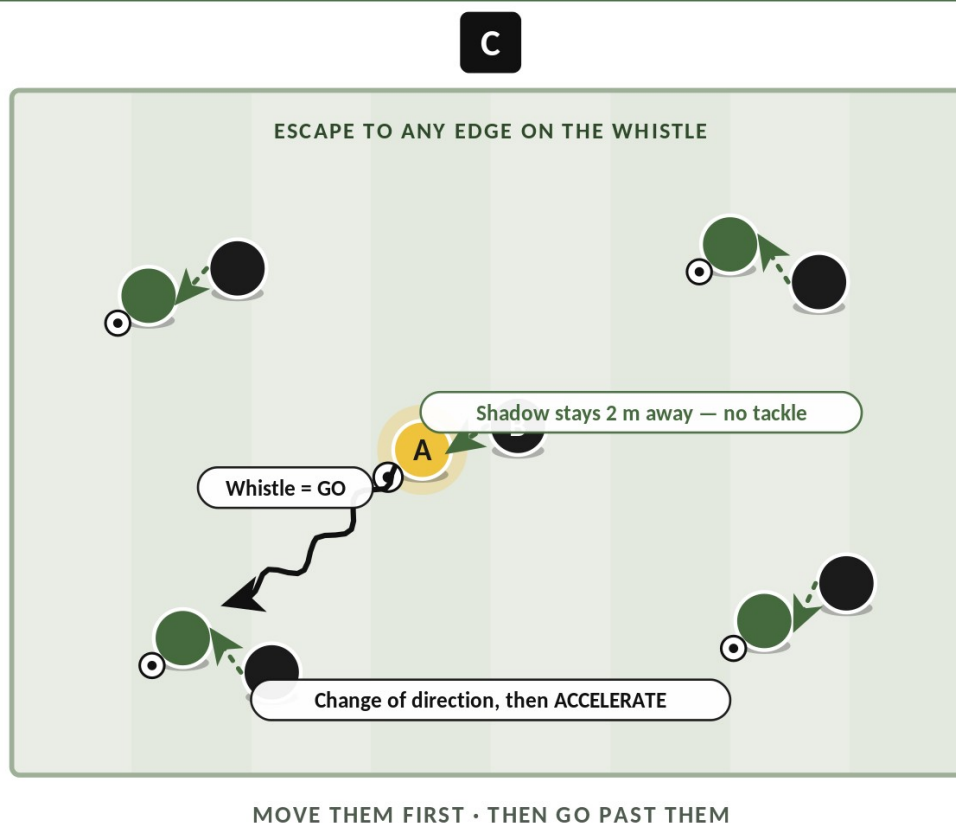
Ground needed: about 60 × 40 m. Mark four 1v1 arenas side by side before the session — they are the heart of tonight and you want them ready the moment the warm-up ends. Pair players by ability for the arenas: a confident dribbler against a confident defender, and a hesitant one against a hesitant one. Mismatches in a 1v1 block do lasting damage to confidence.

ITEM	QTY	USED IN
Footballs (size 4)	16	All practices
Flat markers	48	Grid, arenas, pitch edges
Cones (tall)	16	Escape gates (5.2, 4 arenas × 4)
Bibs — red / blue / yellow	8 / 8 / 2	5.1, 5.2, 5.3, 5.4
Mini goals	4	Skill game (5.3) — two per end
Full-size goals	2	Conditioned match (5.4)

5.1 THE SHADOW GRID

Teach the feint before anyone can be tackled. One player carries, their partner shadows two metres away without challenging — so the carrier learns that a defender's feet can be moved by a movement, and gets to try it with nothing at stake.

28 x 20 m • pairs • one ball per pair • shadow, then escape on the whistle • 10 minutes



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SET UP

- 28 × 20 m grid marked with flat markers.
- Pairs — one ball between two. One player carries, the other shadows.
- **The shadow is not allowed to tackle.** They mirror the carrier at roughly 2 m, staying goal-side.
- Balls at the grid edge so early arrivals start immediately.
- Coach on the long edge with a whistle.

HOW IT RUNS

- Minutes 0–3 — arrival.** Greet each player by name, ball each, free dribbling. **Collect the Session 4 homework** — *how many touches over 20 metres? How many times did your wide player run with it?*
- Minute 3 — pair up and shadow.** One ball per pair. Carrier: move around the grid. Shadow: stay two metres away and copy them. No tackles. Ninety seconds.

3. **Minute 5 — the whistle.** On the whistle, the carrier tries to escape and reach any edge of the grid before the shadow can get in front of them. Shadow still may not tackle — only block the route. Six or seven whistles.
4. **Minute 7 — add the move.** *Before you go, do something to move them: drop your shoulder, step over it, or slow down and then explode.* One 20-second demonstration.
5. **Minutes 8–10 — swap and compete.** Swap roles. Count successful escapes out of five. Winner of each pair announces their score.

RULES & SCORING

- **No tackling at any point.** The shadow blocks the route; they never win the ball.
- The shadow must stay within roughly 2 m — too far and the carrier learns nothing; too close and it becomes wrestling.
- An escape counts only if the carrier crosses an edge **with the ball under control**.
- Swap roles every two minutes.
- If a pair is badly mismatched for speed, swap the pairings quietly and without comment.

COACHING POINTS — THE FOUR CORNERS

Technical	Ball on the front foot so it can go either way. Body low, knees bent, weight on the balls of the feet. The feint is made with the shoulder and hips , not just the foot — a step-over that doesn't move the upper body fools nobody.
Tactical	Move them first, then go. Watch the shadow's feet: the moment their weight settles on one side is the moment to go the other way.
Physical	Repeated changes of direction and short accelerations — this is the movement preparation the session needs, and it is specific to what follows.
Psychological	This is a completely safe environment to try a skill in, which is exactly why it comes first. Encourage the extravagant and the silly — some of it will turn out to work.
Social	Partners should tell each other what worked: <i>that one had me going</i> . Feedback from the defender is more useful than feedback from the coach here.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Escaping in a straight line — pure speed, no feint. It works against a slow shadow and will fail against a real defender	Ask the shadow, not the carrier: <i>Did he trick you, or did he just outrun you? What would have been harder to defend?</i>
Feint with the feet only — a fast step-over that doesn't move the defender at all	<i>Show me the same move but move your shoulders. Now ask your partner which one moved him.</i>
No acceleration after the move — the trick works and then nothing happens	One cue: <i>Three fast steps straight after the move. Count them out loud.</i>
Shadow tackling despite the rule	Stop that pair for ten seconds and reset: <i>Your job is to make it hard, not to win it. Next time you get to tackle.</i>
The same move every time	<i>Show me a different one. Anything. It doesn't have to work.</i>

ASK THEM

- What made your partner move the wrong way?
- Which part of your body did the trick — your foot, or your shoulders?
- What happens in the three steps after the move?
- Shadows — what were you looking at? The ball, or the player?
- Was it easier to escape when you were moving fast or slow before the whistle?

- Which move worked best for you? Which one never worked?

ADJUST IT

HARDER	EASIER
Shadow may block with their body (still no tackle), so the escape must be genuinely deceptive.	Shadow stays 3 m away , giving more time and space.
Two shadows, one carrier in the last two minutes.	Coach calls the move so the carrier doesn't have to choose as well as execute.
Nominate a target edge — the carrier must escape to a specific side, so the route is contested.	Escape to any edge, unopposed for the first two minutes — build the acceleration habit before adding the defender.
Weak foot only for the move.	Walking pace shadow for a nervous pair.

IT'S WORKING WHEN

Visible upper-body movement in the feints, not just foot movement.

A burst of three or four quick steps immediately after every move.

Different moves being tried rather than one repeated.

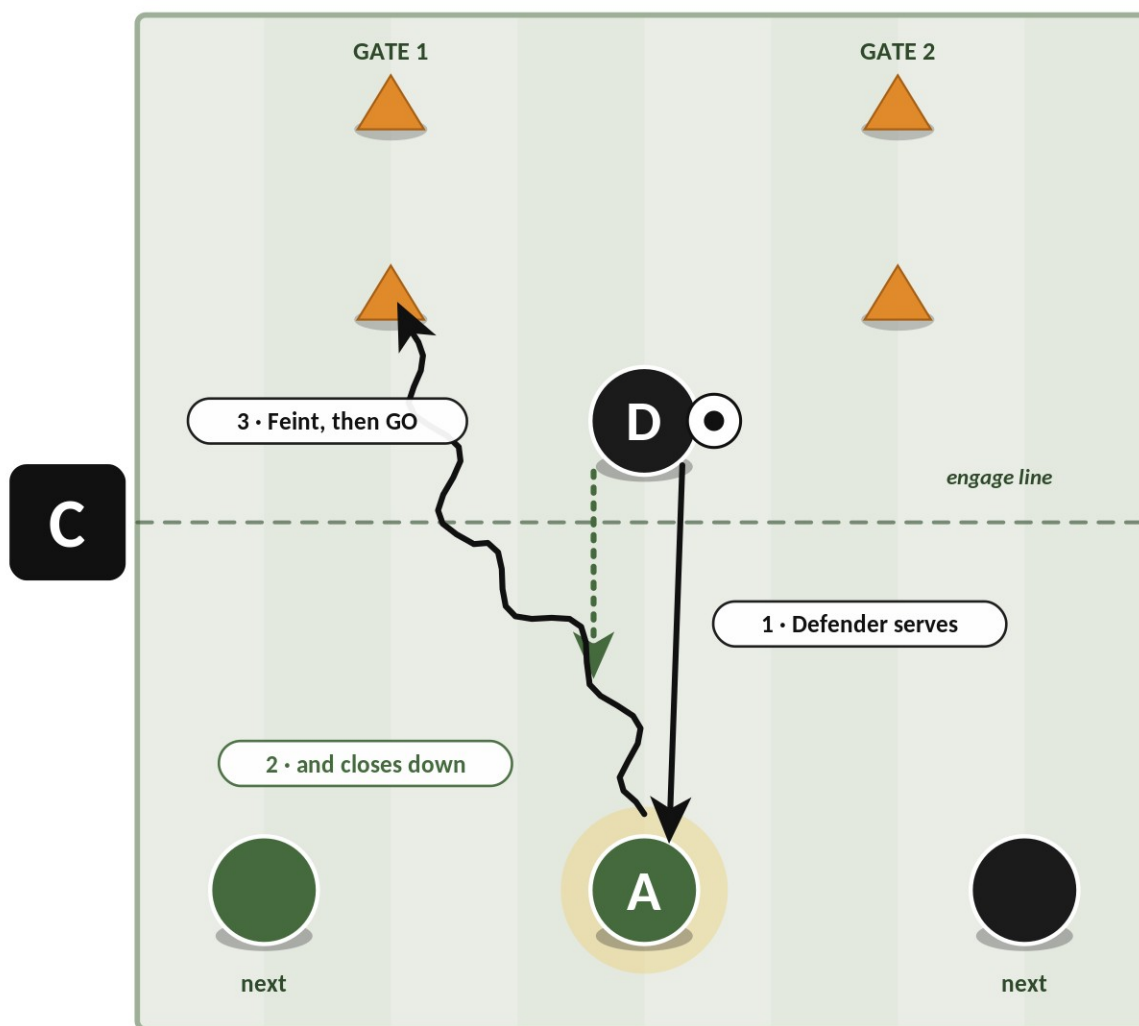
Shadows watching the carrier's hips rather than the ball — a useful early defending cue.

Laughter. If this practice isn't enjoyable, the block starts badly.

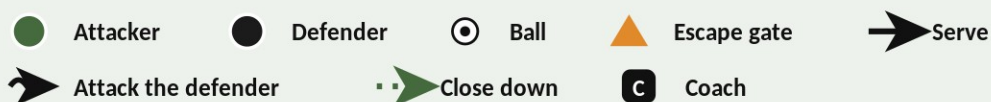
5.2 THE 1v1 ARENA

The full 1v1 in its cleanest form. The defender serves the ball and closes down, so every repetition starts with a receive — connecting this theme to this theme — and the attacker has two gates to attack, so the defender cannot simply guess.

16 x 14 m per arena • 4 players per arena • 3–4 arenas running • 15 minutes



ROTATION: attacker → defender • defender → back of the attacking line



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SET UP

- Three or four arenas, each 16 × 14 m, side by side with 4 m between them.
- Per arena: **two 3 m escape gates** on the far line, 8 m apart; a dashed **engage line** across the middle; one ball plus a spare.

- Four players per arena — one attacker working, one defender working, one of each waiting at the start line. Waits are under 20 seconds.
- **Pair by ability.** Put confident attackers against confident defenders. This matters more in this practice than in any other in the curriculum.
- Coach walking between arenas — you cannot see four 1v1s at once, so watch one arena for a full minute before moving.

HOW IT RUNS

1. **Set the picture in 30 seconds.** *Defender passes it to the attacker and comes to defend. Attacker: get through either gate with the ball. Go.*
2. **Minutes 0–4 — defender jockeys only, no tackling.** Every attacker gets through. This builds the pattern and, more importantly, the belief.
3. **Minute 4 — one freeze, twenty seconds.** Show an attacker who ran straight at the defender beside one who moved them first. Ask the group which defender had the harder job.
4. **Minutes 4–11 — live.** The defender may tackle. Keep the pairings the same so both players get repeated attempts at the same problem, which is how a move actually gets learned.
5. **Minutes 11–15 — best of five.** Each pair plays five attacks each way and keeps score. Announce that the score doesn't matter and that you want to see **new moves attempted** — then ask afterwards who tried something they've never done.
6. **Rotation:** attacker becomes defender; defender joins the back of the attacking line. Everyone gets roughly ten attacks.

RULES & SCORING

- The ball must be **carried** through a gate, not passed through it.
- **1 point** for beating the defender through a gate. **2 points** if the attacker used a recognisable move to do it. **1 point to the defender** for winning the ball cleanly or forcing the attacker back over the start line.
- The defender must serve the ball firmly along the ground — a bad serve wastes the repetition.
- The defender may not tackle until the attacker crosses the engage line, so there is a genuine approach phase.
- Ball out: instant restart with the spare ball. Never wait.

COACHING POINTS — THE FOUR CORNERS

Technical	Approach: attack at speed but with the ball out of the feet by no more than a stride, so a change of direction is available. The move: shoulder and hips first, ball second. The exit: touch the ball into the space you're going, then three explosive steps. Use the foot furthest from the defender to push the ball away.
Tactical	Attack the defender's front foot — they cannot turn quickly over that side. Go on the outside if the defender shows you inside, and vice versa. Take them towards a gate to open the other one.
Physical	Maximal accelerations of 5–10 m, roughly one every 25 seconds per player. This is a genuinely demanding practice; the passive first four minutes are not optional.
Psychological	Losing the ball is the correct price of trying. Say it before the live phase begins, and repeat it every time it happens. Never let the waiting players comment on a failed attempt.
Social	Pairs should talk between repetitions. Encourage the defender to tell the attacker what nearly worked — it makes both players better and it keeps the duel friendly.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Running straight at the defender at full speed and losing it	<i>You were quick. Was he ever off balance? What would make him move first?</i>

WHAT YOU'LL SEE	WHAT TO DO
Too many touches on the approach — arriving slowly and giving the defender time to set	<i>How many touches before you get to him? Try three.</i>
The move works but there's no acceleration — the defender recovers and wins it back	This is the single most common fault. One cue: <i>Three steps, hard, straight after.</i>
Always the same side — every attack goes right	Add a temporary condition: <i>This round, gate one only.</i> Then swap.
Attacker stops trying after two failures	Intervene immediately and privately. Drop their defender to passive for two repetitions and get them a success before returning to live.
Defender diving in and being beaten every time	Good — say nothing. That is Session 7's material and the attackers are benefiting from it tonight.

ASK THEM

- What did you do to move him before you went past?
- Which foot was he standing on when you went? Could he turn that way?
- How many touches did you take on the way in?
- What happened in the three steps after your move?
- Which gate did you attack, and why that one?
- Defenders — what made it hardest? Speed, or the trick?
- What's one move you tried tonight that you've never tried before?
- If it didn't work, what would you change next time — the move, or the timing?

ADJUST IT

HARDER	EASIER
Three-second limit from the engage line — forces a decisive attack rather than dithering.	Passive defender for the whole practice for specific pairs — nobody else needs to know.
One gate only , so the defender knows where you're going and you must beat them anyway.	Wider gates (5 m) and a longer arena , giving more room to escape into.
Recovering defender — a second defender starts 5 m behind the gate and joins once the first is beaten.	Defender starts further back , so the attacker has time to build speed.
Finish at the end — replace one gate with a mini goal and require a shot.	Attacker starts already moving with the ball rather than receiving it.

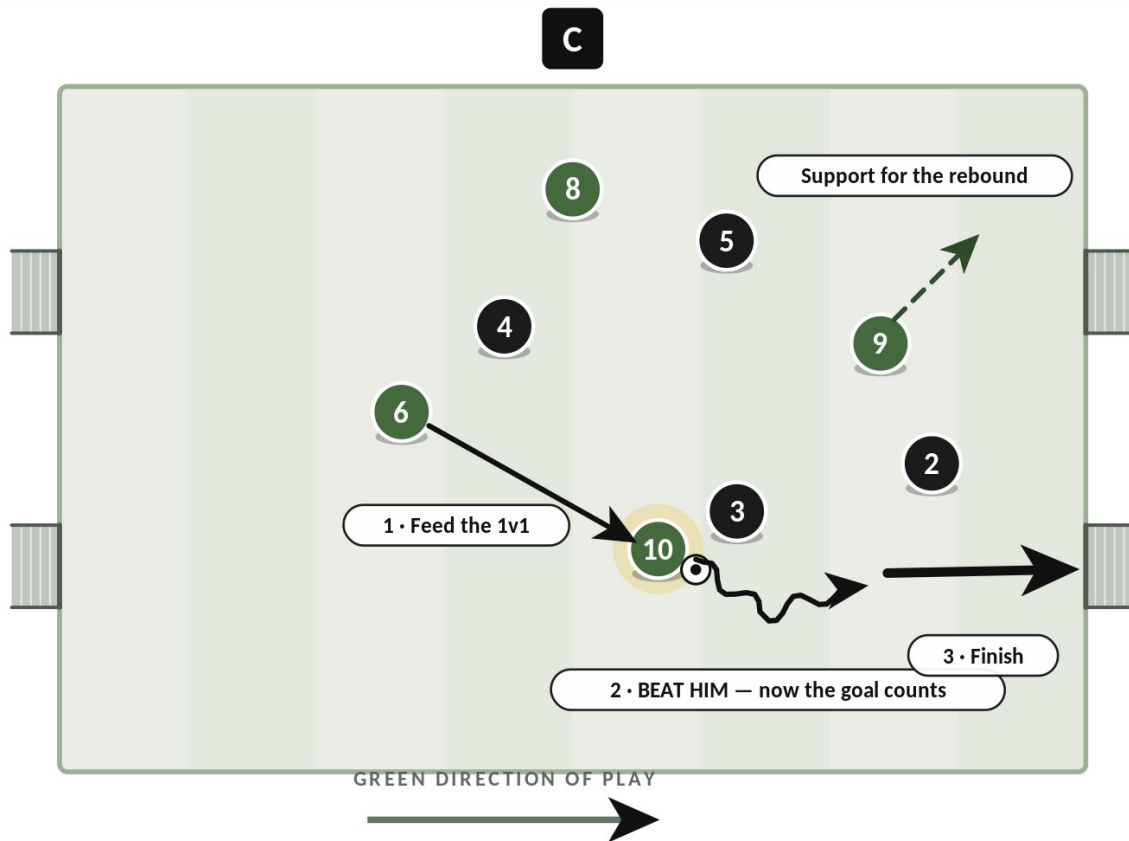
IT'S WORKING WHEN

Attackers arriving at the defender at speed but in control.
 Visible upper-body feints, not just foot movement.
 A burst of acceleration immediately after every successful move.
 New moves being attempted in the last five minutes.
 Every player attempting the 1v1 rather than one or two dominating.
 No visible discouragement after a lost duel — this is the block's real success indicator.

5.3 BEAT SOMEONE FIRST (4 v 4)

Force the 1v1 to appear inside a real game without turning the game into a drill. The condition is simple and brutal: a goal only counts if somebody in that attack has beaten an opponent with a dribble.

30 x 20 m • two mini goals per end • a goal only counts after a 1v1 is won • 15 minutes



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SET UP

- Two pitches, each 30 × 20 m, side by side with a 5 m corridor between them.
- Per pitch: **two mini goals at each end**, positioned 6 m and 14 m from one corner. Two goals per end means the defence has to spread, which creates the 1v1s.
- 4 v 4 per pitch (16). With 14, run 4v4 and 3v3. With 15, run 4v4 and 4v3.
- Coach in the corridor with a spare ball, feeding both games.

HOW IT RUNS

- 1. Bibs out while you explain.** Keep the same pairings from the arena where you can — the players have history with each other now and it makes the duels sharper.
- 2. Explain in 20 seconds:** Normal 4v4, two goals each end. But a goal only counts if someone beat an opponent on the way to it. Three minutes. Go.
- 3. Game 1 — no coaching.** Count how many goals are disallowed. It will be most of them, and that is fine.
- 4. Between games 1 and 2, one question:** *Where on the pitch is the best place to take someone on? Where's the worst?*

5. **From game 3, add the reward:** if the player who beat an opponent is also the one who scores, the goal is worth 3 instead of 1.
6. **Four games of three minutes with 45 seconds between,** ladder as usual — winners of Pitch 1 stay, losers swap.

RULES & SCORING

- **A goal only counts if a player has beaten an opponent with a dribble during that possession.** The players call it themselves; do not referee it.
- **Goal after a beat = 1 point. Goal scored BY the player who beat someone = 3 points.**
- Ball out: the coach rolls a new one in immediately. No throw-ins or corners.
- No stoppages during games. Coaching happens in the 45-second gaps, as a question.
- **Never disallow a goal yourself in a way that deflates a player** — if there's doubt, give it and move on. The rule exists to shape behaviour, not to punish.

COACHING POINTS — THE FOUR CORNERS

Technical	Ball out of the feet when running into space, within a stride when engaging. Change of pace immediately after the change of direction. Shield with the body when the defender gets alongside.
Tactical	The best place to take someone on is in the attacking half, facing forward, with space behind the defender . The worst is in front of your own goal. Teammates must create space by moving away from the duel, not towards it.
Physical	Three minutes on, 45 seconds off, four times. High-intensity change of direction. Shorten the last game if quality drops.
Psychological	The whole point of tonight is permission. Praise the attempt at every opportunity — <i>good, try that again</i> — and never join in with a groan.
Social	Teammates who shout " go on! " rather than " pass! " change the whole culture of the group. Name it, praise it, and it will stick.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Attacks breaking down because everyone waits for someone else to dribble	Ask between games: <i>Whose job is it to beat someone? What would happen if it was everyone's?</i>
Taking players on in front of their own goal	Don't ban it — question it: <i>Where were you when you tried that? What happens if you lose it there?</i>
Teammates crowding the ball carrier, closing the space they need	<i>When he's going 1v1, do you run towards him or away from him? Try away and see what happens.</i>
One player doing all the dribbling	Quietly to a quieter player: <i>You've not tried one yet. Next attack — just go, whatever happens.</i>
Disallowed goals killing the mood	Move to the 3-point reward earlier, or relax the rule to 'someone attempted a 1v1'. Confidence first, precision second.

ASK THEM

- Where on the pitch is the best place to take someone on?
- Where's the worst place, and why?
- What should your teammates do while you're going 1v1?
- Which goals felt best — the ones you passed into, or the ones you dribbled into?
- Defenders — what did you do when someone ran at you?

- How many times did you try to beat someone tonight? How many worked?
- Did anyone try something they'd never do in a normal game?
- Would you rather lose the ball trying, or never try? Be honest.

ADJUST IT

HARDER	EASIER
Two beats required before a goal counts.	An attempted 1v1 counts , successful or not — this is the version to use if confidence is fragile.
Only the player who beat someone may score.	3 v 3 on 26 × 18 m — more space, more 1v1s, less crowding.
Remove one mini goal per end , narrowing the target and forcing more duels.	Add a neutral player who plays for whoever has the ball, easing the pressure.
All goals must be scored in the attacking half after a beat in the attacking half.	Widen the pitch to 24 m so there is room to run at people.

IT'S WORKING WHEN

Every player attempting at least one 1v1 across the fifteen minutes.

Duels happening in the attacking half rather than in front of their own goal.

Teammates moving away from the ball carrier to create space.

Encouragement rather than groans when a dribble fails.

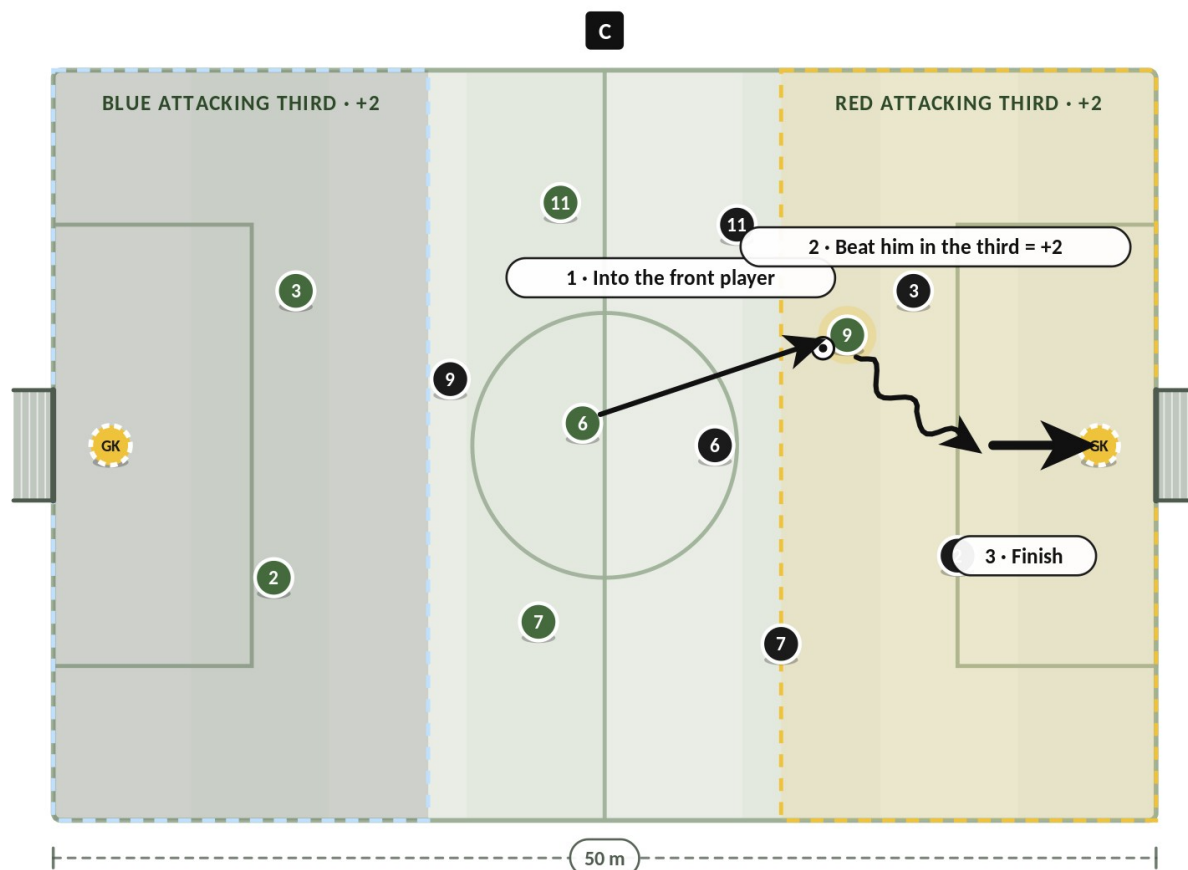
More goals counting in games 3 and 4 than in game 1.

At least one 3-point goal — a player beating their opponent and finishing it themselves.

5.4 DUEL BONUS MATCH (7 v 7)

Transfer the duel into a full match picture and put the reward where it belongs — in the attacking third, where beating a player creates a chance rather than a risk.

50 x 34 m • beat an opponent = +1 • beat one in the shaded attacking third = +2 • 15 minutes



● Greens (attack right) ● Blacks ● Goalkeepers ● Ball Attacking third (+2)
➡ Beat your player ➡ Pass ➡ Shot C Coach

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SET UP

- 50 × 34 m with full-size goals. **Both attacking thirds marked** with flat markers at 17 m and 33 m.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.
- 2-3-1 outfield shape in front of each keeper. Keepers swap at the halfway point.
- Coach on the halfway line, outside the pitch.

HOW IT RUNS

1. **Keep the bibs and teams from the skill game.** Keepers and shape in 30 seconds.
2. **Explain the condition once:** Normal game. Beat an opponent anywhere and that's a bonus point. Beat one in their third and it's two.
3. **Minutes 0–5 — no interruption.** Watch where the duels happen and who is avoiding them.

4. **Minute 5 — drinks break, one question:** *Where have most of our 1v1s happened tonight? Where should they happen?* Restart.
5. **Minutes 6–15.** Announce bonus points loudly as they happen — *that's two for the reds* — because the announcement is the coaching.
6. **Final three minutes:** no bonuses, just football. Watch whether the willingness survives without the reward.

RULES & SCORING

- **Goal = 3 points. Beat an opponent = +1. Beat an opponent inside their attacking third = +2.**
- A 'beat' means the ball and the player go past the opponent together and the attacker keeps possession.
- No touch restrictions. This is a match.
- Keepers restart within five seconds. Throw-ins may be taken as pass-ins.
- Two individual interventions maximum, plus the scheduled break question.

COACHING POINTS — THE FOUR CORNERS

Technical	Approach speed, feint, acceleration — the same three-part sequence, now with tired legs and real consequences. Head up before the final touch so the duel ends in a chance, not a dead end.
Tactical	Duels are for the attacking half. In your own third, the pass is almost always right. Teammates should offer an option behind the ball carrier so a failed duel isn't a catastrophe — this is the first appearance of cover in possession.
Physical	Fifteen minutes of continuous match play with repeated maximal accelerations. Expect a drop-off; keep the ball rolling rather than adding rest.
Psychological	Watch the sideline and watch yourself. A single exasperated noise from an adult when a dribble fails will undo the whole session.
Social	By the end of tonight the squad should have a shared phrase for encouraging a duel. Whatever they choose, use it yourself.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Duels only in the middle third , where they're worth least and cost most	<i>Where's the bonus worth two? What would you have to do to get there?</i>
Wide players cutting inside into traffic instead of going outside	<i>What's outside you? Nothing. So why go where the people are?</i>
Nobody covering behind the duel — a lost dribble becomes a counter-attack	One intervention: <i>When he goes, where do you need to be? Behind him, not next to him.</i>
A player who won't try at all	Private, specific and low-stakes: <i>One try. Doesn't matter what happens. I just want to see it.</i> Then praise it whatever the outcome.
The bonus dominating the game — players dribbling for points rather than to progress	Remind them a goal is worth three, then take the bonuses away for the last three minutes.

ASK THEM

- Where on the pitch is beating a player worth the risk?
- What did you do to move the defender?
- What should your teammates be doing when you go 1v1?
- What happens if you lose it — who's covering?
- When the bonuses stopped, did you still try?

- Defenders — what's the hardest type of player to defend against?
- Who beat someone tonight for the first time?

ADJUST IT

HARDER	EASIER
Only duels in the attacking third score.	An attempt counts , successful or not.
Double bonus for beating two opponents in one carry.	Bigger pitch (55 × 38 m) — more space to run into.
Wide players must beat their full-back before crossing.	No pressing in the attacking third for the first four minutes.
Man-marking across the pitch, turning the whole match into a series of duels.	6 v 6 on 40 × 30 m with rolling subs.

IT'S WORKING WHEN

At least six bonus points across the two teams.

Duels concentrated in the attacking half rather than in front of their own goal.

Cover appearing behind the ball carrier without being asked.

Attempts continuing in the final three minutes after the bonus is removed.

Every player having attempted at least one duel during the session.

Encouragement rather than silence when a dribble fails.

Finish, match day & homework

REFLECTION — 5 MINUTES, SITTING DOWN

- Circle up and **sit down**.
- *What are the three parts of beating a player?* (Approach, move, accelerate. Get them to say it.)
- *Which move worked best for you tonight?*
- *Who tried something they'd never tried before?* — get every hand up if you can.
- *What should your teammates do while you're going 1v1?*
- *How did it feel when you lost it? What did everyone else do?* — this question is the most important one in the block.
- Finish by naming **three players who tried and failed**, and thanking them for it publicly.

MATCH-DAY LINK

MATCH OBJECTIVES	WATCH FOR	ASK AFTERWARDS
- Every player attempts at least one 1v1 in the attacking half. - Wide players go outside their full-back at least once each. - Nobody is criticised for losing the ball while trying — by teammates, by you, or by the sideline.	- Where the duels happen. Attacking third, middle third, or nowhere? Note it by player. - What happens in the three steps after a successful move. Acceleration, or a slow-down? - The reaction to a failed dribble. From the player, the team and the touchline. This is the culture forming in real time.	- <i>Tell me about a time you took someone on. What did you do first?</i> - <i>Was there a moment you wanted to go but passed instead? What stopped you?</i> - <i>Did anyone lose it trying something? What did the rest of you do?</i>

HOMEWORK — "ONE MOVE, OWNED" · 15 MINUTES, THREE TIMES BEFORE YOU NEXT TRAIN

- **Pick one move and own it.** Step-over, drop the shoulder, or a scissors. **Fifty repetitions with each foot**, and every single one followed by three fast steps. The acceleration is the part everybody skips and the part that actually matters.
- **Cone attack.** Put a cone down as a pretend defender. Approach it at speed from 10 m, make your move at the last second, and accelerate past. Twenty each side. If you're arriving at the cone slowly, start further back.
- **Watch a game with a job.** Fifteen minutes of any professional match watching **one attacking player only**. Count how many times they take someone on, how many work, and what they do just before they go. Bring all three observations.
- *Optional extra:* find one move on video you've never tried, learn it, and show us on Saturday.

WHERE TO GO NEXT

Same theme — one against one. These cover the same ground from other angles and can be run in any order, before or after this one: **6** Beating Your Player and Finishing; **7** The 1v1 Defender; **8** Defending the Wide 1v1.

A natural follow-on. Session 6 — Beating Your Player and Finishing. Beating a defender is only half the action; what follows is the half that scores goals. Session 6 attaches the finish to the duel — striking through the ball with the laces, placing it with the inside foot, and choosing between them under pressure. The 1v1 Arena becomes a 1v1 to goal with a goalkeeper, and the conditioned match rewards goals that come directly from a duel. Bring your notes on who avoided the 1v1 tonight; they should be first into the demonstration group next time.

Or simply run this one again. Nothing in the set has to be done once. A session repeated three weeks later with a harder progression is usually worth more than a new session the players are meeting cold.