This session is designed to encourage players to deal with pressure and retain the ball 1v1. The objective is to receive the ball with pressure from a defender behind and try to turn to face them and win a 1v1 duel by dribbling through the gate or scoring in a mini goal. The server punches the ball into the attacker. Attacker receives and has to try to turn and beat the defender by dribbling through the gate or scoring in a mini goal close range. If you have mini goals, set up a scoring zone so players can only score from close range, therefore dribbling and driving instead of shooting from distance. If the defender wins the ball, they must find a securing pass to the server.

Once the set finishes, players all rotate one position, defender becomes server, attacker becomes defender, server becomes attacker.

Possible Constraints
1. Condition the game so that the attacker cannot pass back once the server has played the pass.
2. Progress the game to allow the attacker to bounce back to the server and search for a new space
3. Allow players in various groups to score in any goal. This means the defender doesn’t know which gate his/her opponent will drive towards and creates more chaos.
4. Manage distance and time as it is a very physical session.

RESILIENCE: The practice is very physically demanding so try to create a couple of stoppages to make coaching points. Look for players showing great desire to score and real resilience protecting and shielding the ball. Encourage a physical duel and for defenders to take pride in winning the ball, attackers to be confident 1v1.

PEER TO PEER: Encourage players discuss challenges of the 1v1 duel with no support after the practice. Try to put players in groups with good physical challenges e.g. match them up size wise where possible, or you could stretch individuals who are technically strong against a physically bigger defender.

CONSIDERATIONS
- The SPACE doesn’t need to be too big as it’s a physical practice. With adult players the distance from server to goal could be up to 20-30 yards. Manage breaks during the practice and try to work with players individually. Technically, this is a great session for shielding, strength, defensive duels and dribbling or turning on the ball.

Adapted with Goals
You can adapt & include goals. Play 3 minute sets where yellow have to score as many as possible in either goal. You could play double goals for scoring in furthest goal.

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**ORGANISATION**

Groups of 3 + mini goals o gates to score in.

This session is designed to encourage players to be brave 1v1 and play forward as a team at every opportunity. The game is a tough challenge and there will be a lot of turnovers so resilience is crucial.

The game is a small sided game where passing backwards is not allowed. Players need to work out that forward runs and movement will help. Allow sideways or square passes.

A back pass is a free-kick to the opposition. You can adapt the practice to include a back pass zone when playing out (image 2) to allow more realistic build up. This allows you to allow one back pass per possession if players are really struggling. Adjust the challenge according to player needs.

Manage the timings. In a 40 minute time slot, 3 x 10-12 minute games with debriefs or team talks in between will allow the ball to roll.

Assign team captains or leadership groups to come up with game plans or strategies to succeed within the game.

**Possible Constraints**

1. Allow 1 back pass or more if the players are really finding the challenge tough.
2. Introduce back pass zones
3. If 1 pack pass is in play but a team scores with 0 back passes, you could award double goals

**THE SET UP**

Age appropriate pitch divided three zones. Yellows start off in middle zone and try to win the ball and secure the ball.

If yellow wins off green, green defend against red & yellow.

**KEY FACTORS**

**RESILIENCE:** The practice sacrifices realism in order to get repetition of forward passing and forward runs. Players may find it frustrating at times so try to observe when players struggle and when they get success. Be patient in your coaching and let the players have ample opportunity to work it out.

**PEER TO PEER:** Encourage players to collaborate on game plan and strategy. Use leadership groups or assign captains to support teammates. Observe whether they encourage each other or disagree. Use breaks to de-brief and create moments for player led discussion.

**CONSIDERATIONS**

The **SPACE** doesn't need to be realistic to the game format. This game can be played from 4v4 to 11v11. If you have odd numbers, don't be afraid to play 7v6 (for example) and create some adversity for one side and advantage for the other.

**Adaptation: 1 Back Pass**

If you have odd numbers you can have one team with more players or play with a magic man who is a bounce player for teams in possession.

**FOUR CORNERS**

**Technical**

- Retention
- Receiving
- Dribbling
- Running with the ball

**Psychological**

- Resilience
- Determination
- Bravery
- Persistence

**Physical**

- Agility
- Strength
- Explosive speed
- Change of direction

**Social**

- Demanding standards
- Reinforcement
- Support
- Encouragement

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**SESSION PLAN**

Resilience: SSG: No Way Back

40 minutes

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