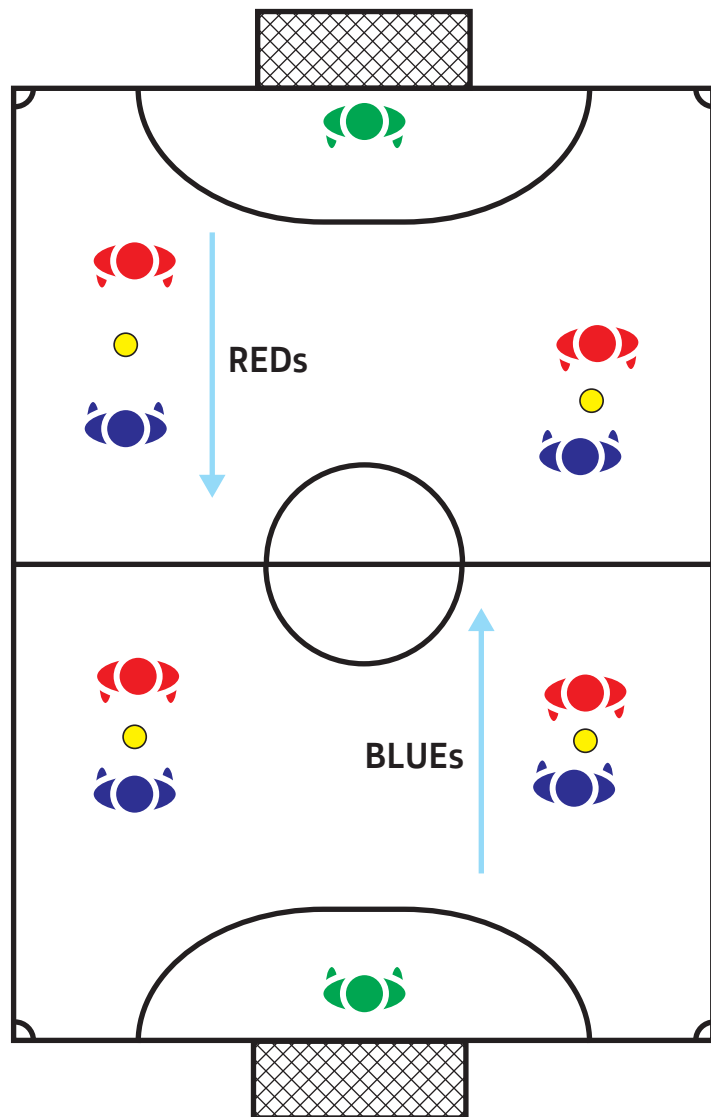


# Session Title: Mayhem - 1v1x4

Date: 10/12/23



## Games:

Only score with weakest foot - 10 goals for a header or a skill - see Suzys online goal!

<b>Phase</b>	Week 11 - Working on 1v1 to finish then getting your head up to help
<b>Time</b>	Play until all balls go dead
<b>Players</b>	10 Players - multiple teams
<b>Organisation</b>	Play 4x 1v1s on a full court. Each 1v1 continues until a goal is scored or the ball goes dead, then the players join with teammates to help them. Prog 1 - Coach plays in a 5th ball for a normal game Prog 2 - Floater on the court for each side who can help teammates
<b>Key Coaching Points</b>	Concentrate on your 1v1 first Keep the ball in play Play with your head up - spot opportunities Techniques to beat players Try and finish the attack - hot the target

1st Hour - CC/EE fun warm-up

2nd Hour - CC warm-up

3rd/4th Hour - PW warm-up

Max time for warm ups 15mins

Include EE, ER & EST when available

