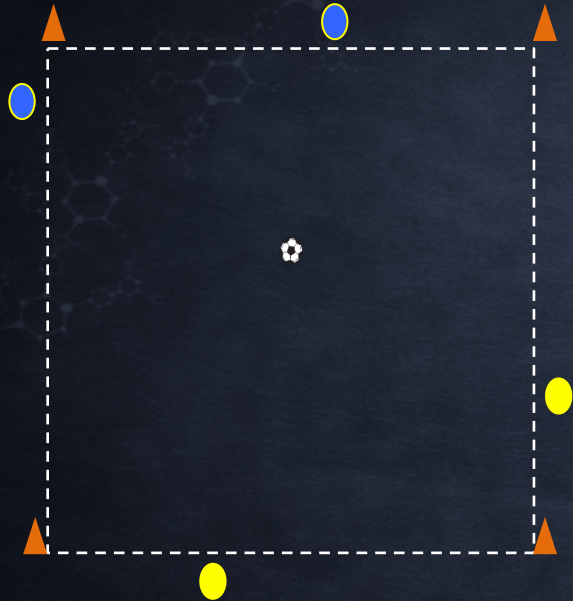


## Pairs Focus session 5

### Stay on the ball



Could your players cope with this?

(Could you cope with this????)

**Organisation:** Grids, areas or sections of the pitch can be used for this and the area size should be appropriate for the ability of the players. Allow it to be challenging but with some success.

**How to play:** The game can start using any of the methods outlined earlier. The idea now is to move nearer the randomness of the game but with young players this could quite messy so be patient.

The game starts 1v1 but the players on the outside now have the option to react to what is happening in the game. For instance:

- If the player in possession is doing it easily then the other defending player might go in to apply more pressure and the game becomes 1v2.
- If the player in possession travels towards the defender on the outside then this player might reach out take possession (just like they would do in a match).
- If the player in possession travels towards their partner then the player on the outside might move into the area to see if a fake or take is possible. If they get the ball they can stay in (2v1) or if they are used as a decoy then they just move across to the other side.
- If the fake or take is successful and it does become 2v1 then the defending player has the option to go in and make it 2v2.

Get players to watch what is happening and then make some choices related to what they might do in a match

Technical

Physical

Psych

Social