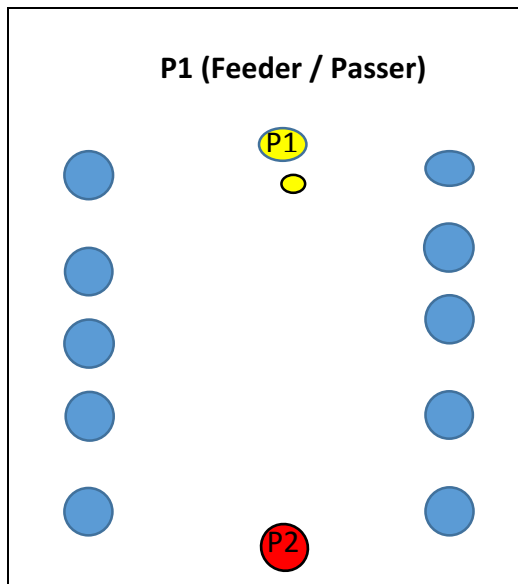


1v1 : Skill Section = Opposed



Requirements:

2 Players, 12 cones, 1 ball. (If you have more than 2 players simply replicate the layout to suit)

Set up:

Two line of cones 10 feet apart to create channel
Two players 1V1

Execution:

Ball with P1

Players start at either end

They start by trying to beat the opponent with one of the five techniques.

Do 1v1's with one ball

For more than two players simply multiple the line of cones to the required number of partners. Have the lines on cones 10 feet apart or more to give plenty of space.

See "Ready Made Sessions" - for more details on multiple players.

Just simply change the theme for each 1v1. IE P1 tries to beat P2 with a Shuffle, then a Step Over, then a Sole Roll and so on.

Suggested number of repetitions/timings:

- 5 X's Shuffle each player
- 5 X's Step overs each player
- 5 X's Sole rolls each player
- 5 X's Drag backs each player
- 5 x's toe taps each player.

Total time 20/30 minutes with break.

Note: this about executing the techniques above in a now pressure situation with a challenge = Skill Sequence of the practice:

- You can show progress by recording how many times the challenging player wins control of the ball.
- Give points to the player with the ball should he beat the opponent and get to the other end.
- Add points for more than one techniques being executed.