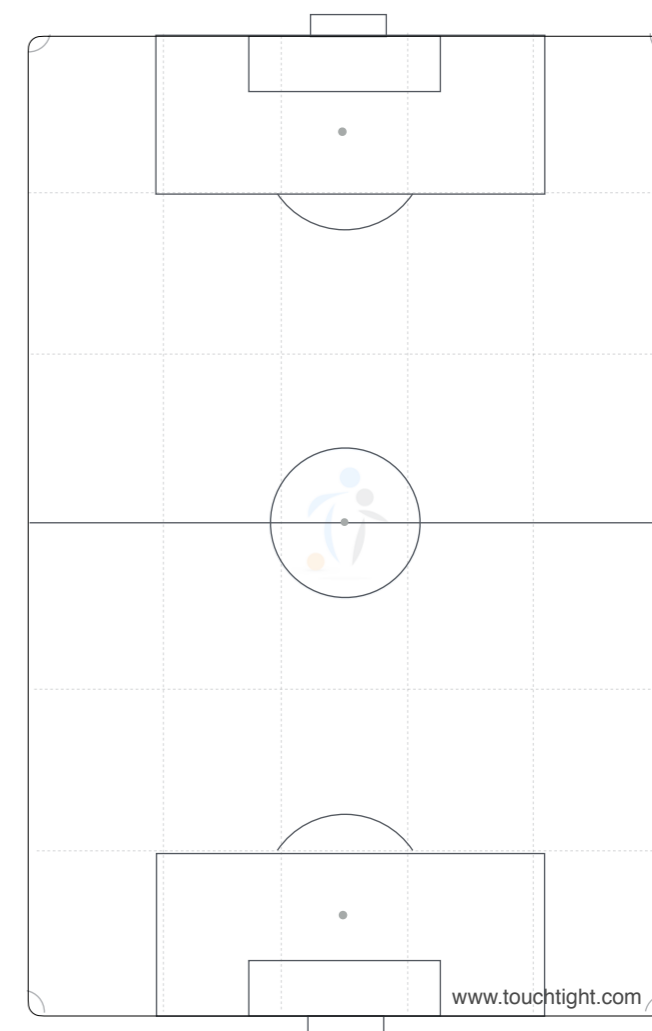
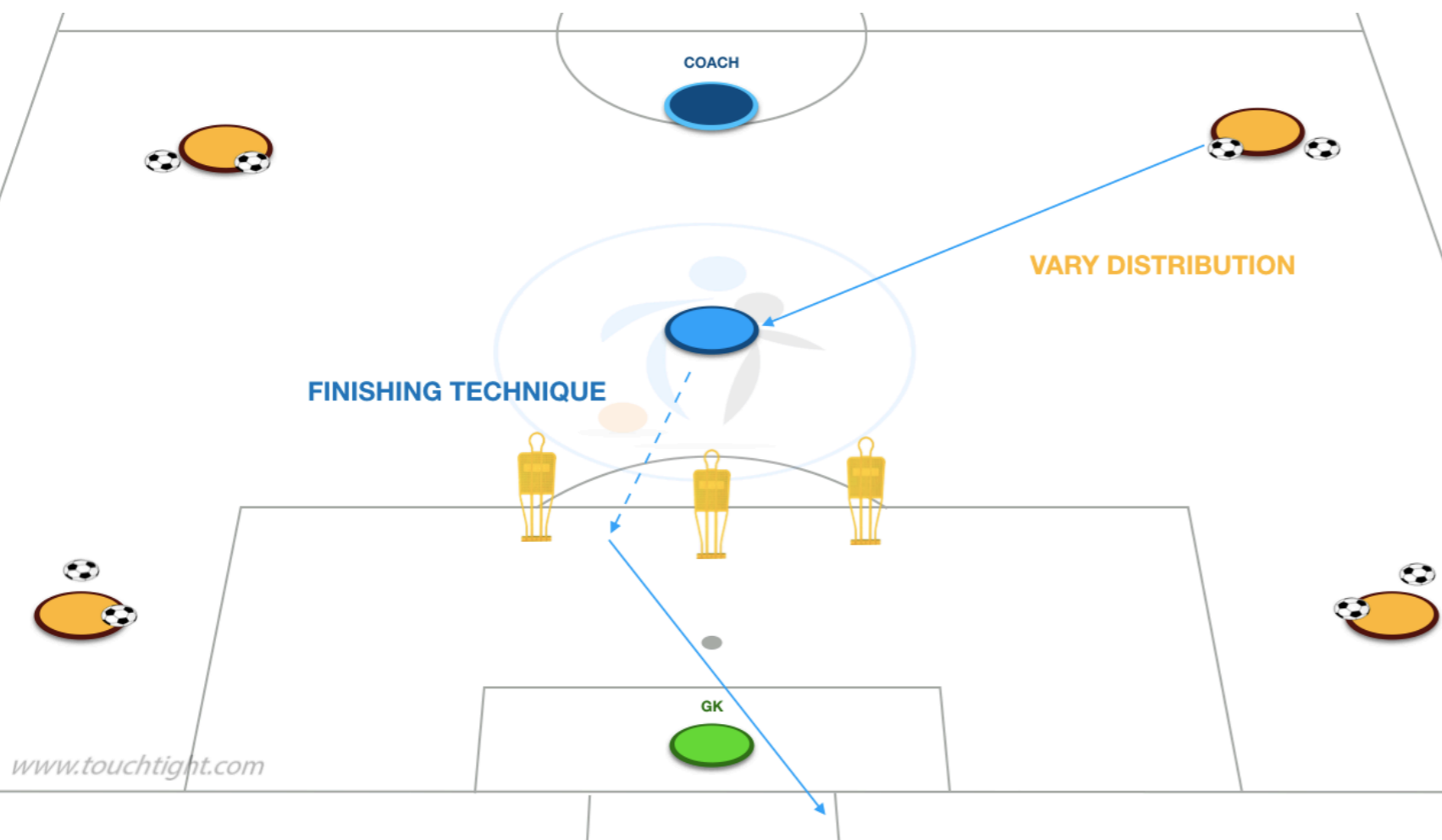




Type: Technical Practice

Area:

Team Objectives:

**Set up / Organisation:**

- In this Technical practice, we have 4 passing players on the outside of the 18 yard Box with 3 or 4 balls each. Attacking players begin in central square, attacking 1 player at a time with objective for single attacking player to finish 4 chances against Goalkeeper.
- Once player has 4 shots, they move to back of player line and next player steps up to repeat

Key Coaching Points:

- (Game Tempo) The movement to get on the ball must be sharp.
- How can you ensure you work the goalkeeper? Where is GK's strong point?

Progressions / Constraints:

- Players vary delivery from outside, short and long.. high balls or passes on the floor.
- After defenders pass the ball into the area, they then press attacker to put semi-pressure on finishing players.

Questions & Notes:

- Adjust to different types of pressure and identify how your game changes as a result of these passive defenders being introduced.

Work / Rest Ratio:



mins



sets

Session Date:

Team:

Coach:



Session Objective/s:

Detail any Individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

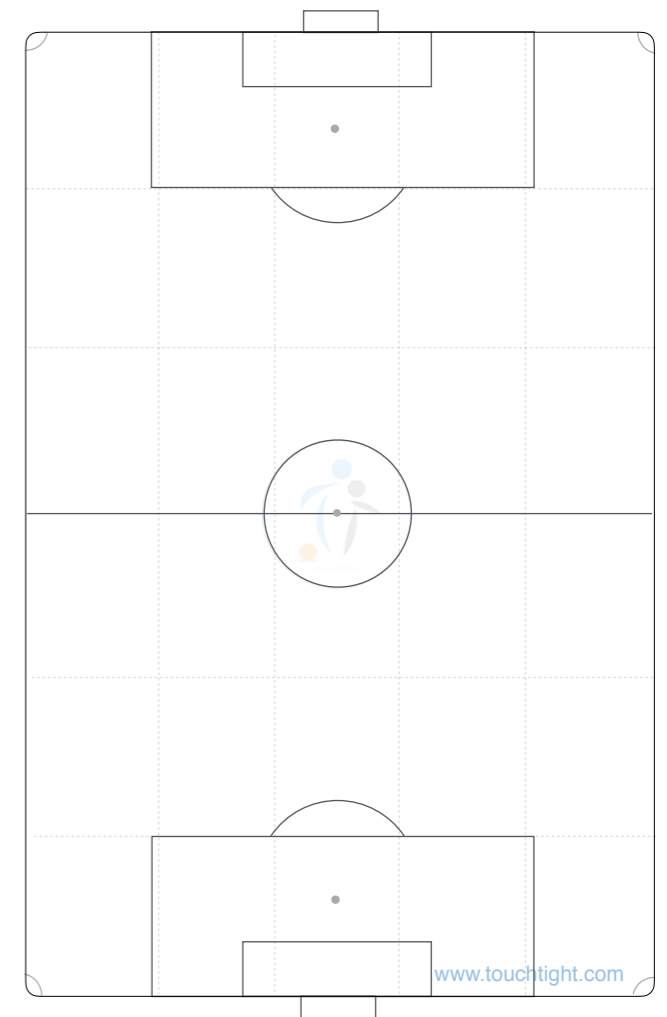
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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Big Game Question
How will we apply this session to a game situation?

