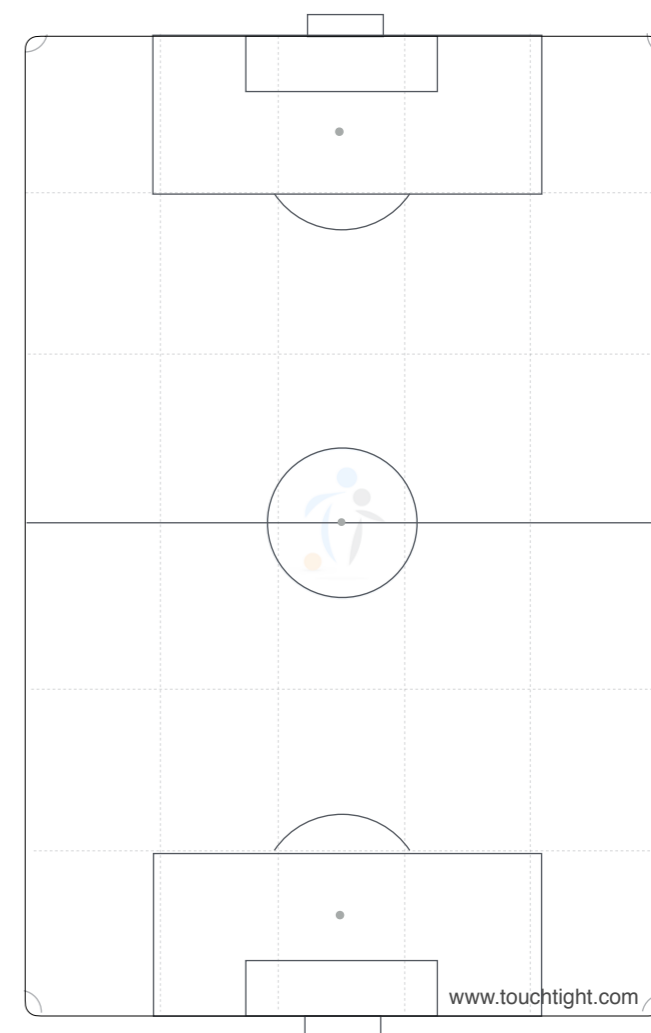
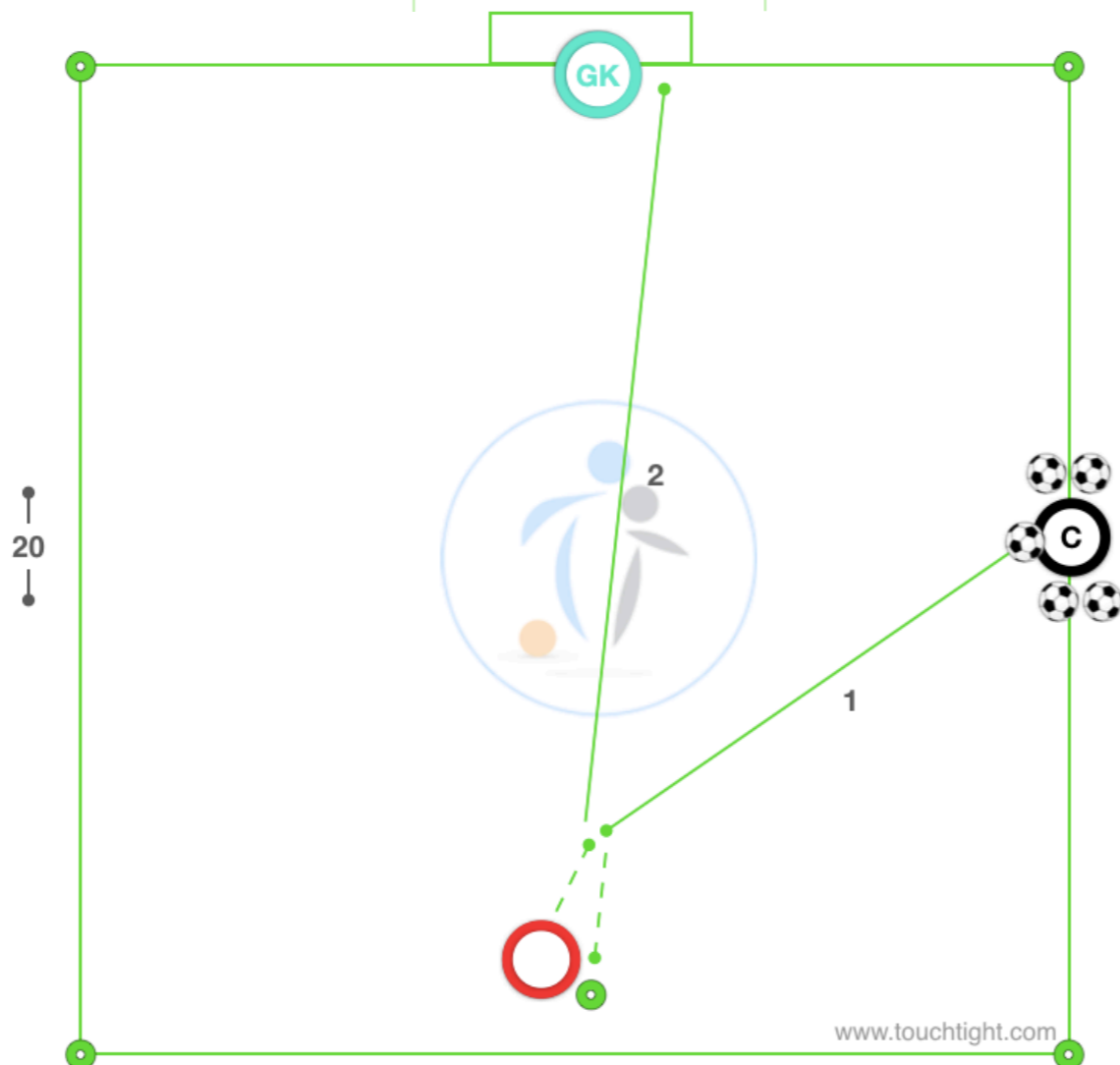




Type: Technical Practice

Area:

Team Objectives:

**Set up / Organisation:**

- Technical practice, working with the coach to develop finishing. Area is set up as shown with player positioned 20 yds from goal, with coach in the corner of area with supply of balls.
- Player starts practice by making run off the cone & coach passes ball for player to finish, focusing on technique hitting the ball low and into corners.

Key Coaching Points:

- We can develop this practice in many ways, yet for this age group we must focus on technique and the introduction of various targets will probably be enough to test younger players. Observe their approach, contact with the ball and body position on contact to make necessary adjustments with both feet.

Progressions / Constraints:

- **S** - Alter distance depending on age and ability of players, this can include taking an extra touch to shoot closer to goal if necessary
- **T** - Add competition between players, e.g. time taken to finish 8 balls and measure how many on target.. be creative in totalling scores
- **E** - For each goal, position small markers a yard inside each post for players to finish into gaps, extra points for achieving this target
- **P** - Individual player focus

Questions & Notes:

-
-

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

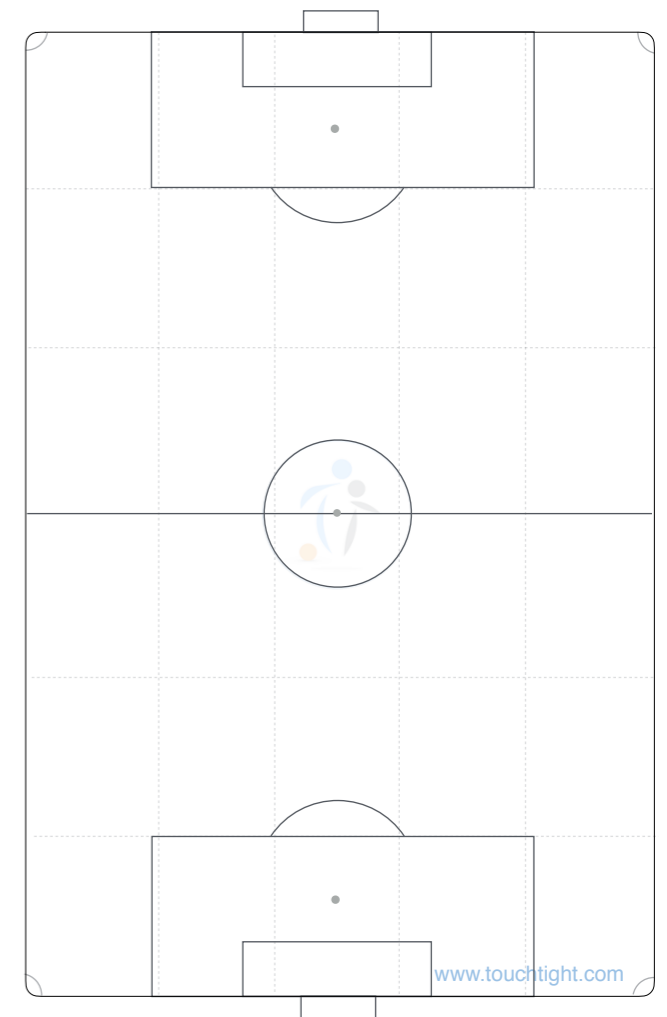
Player Trios initials	Objectives

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?

A large rounded rectangular box with a green border containing a large, light gray question mark.