

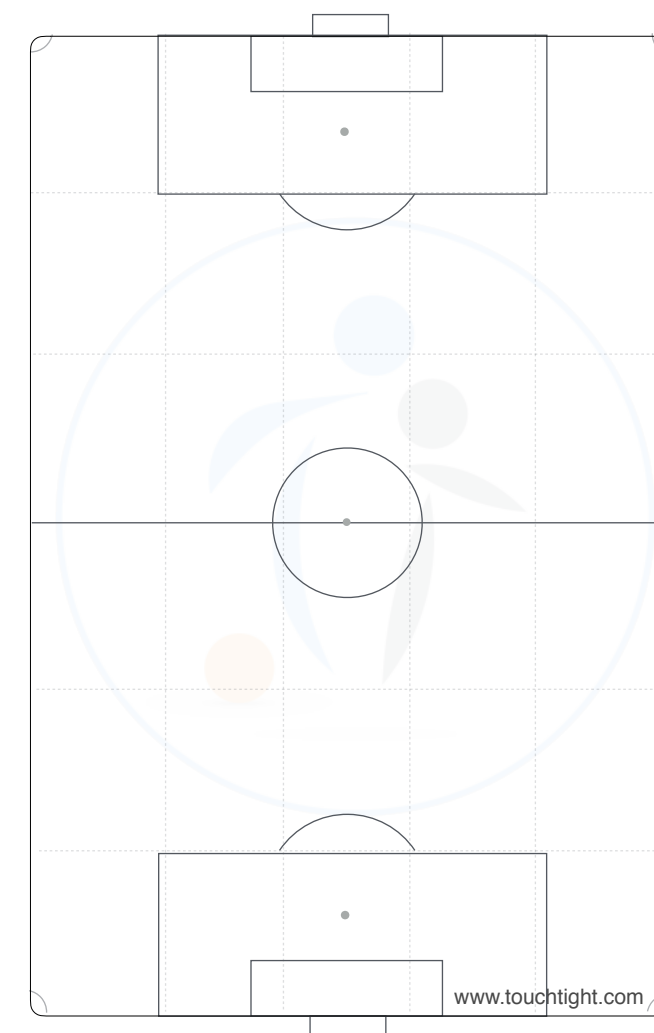
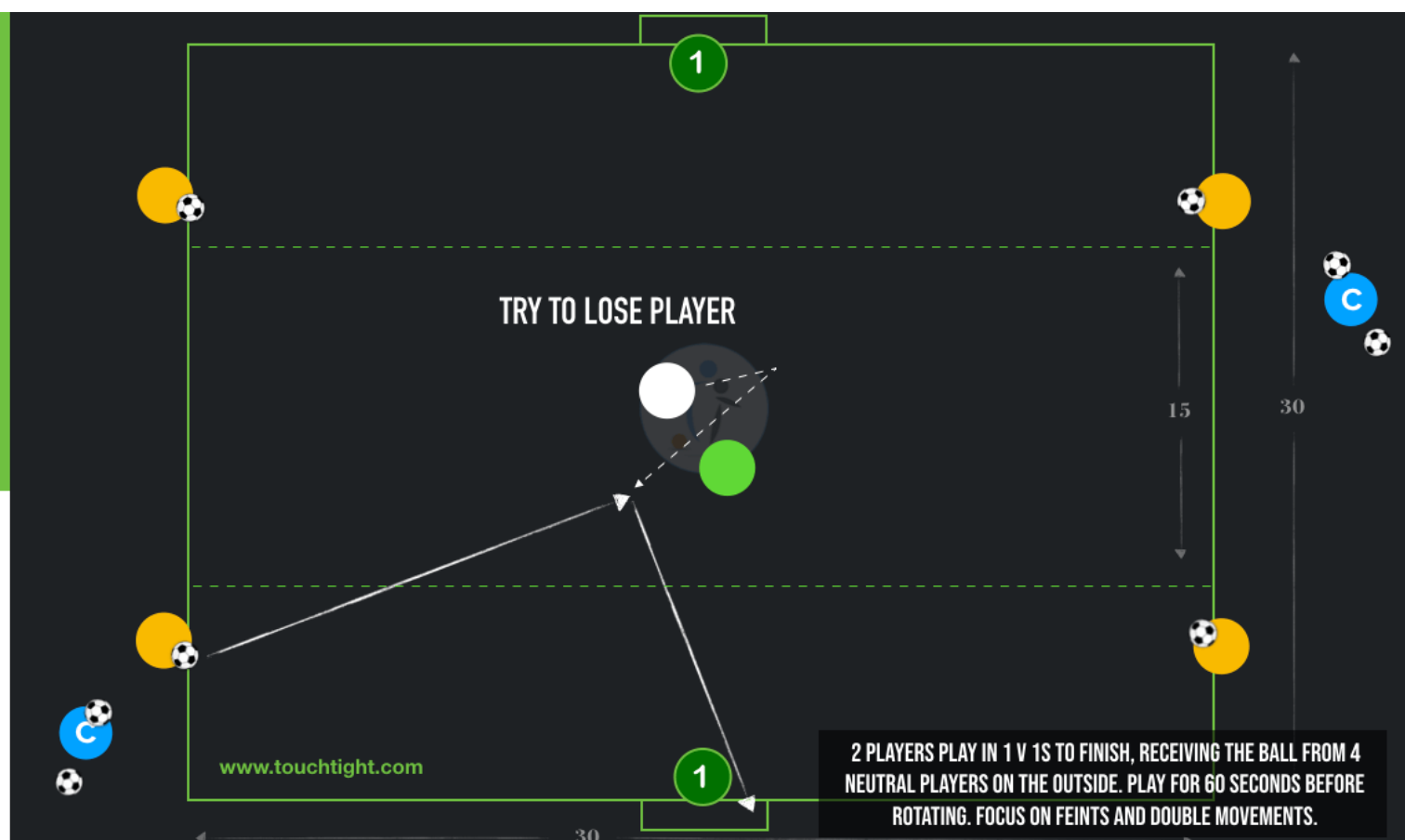


Type: 1 v 1 Practice

Area:

Team Objectives:

THEME 21 | PRACTICE 03 SHOOTING AROUND PENALTY AREA



Set Up & Organisation:

- Practice 3 of Theme 21 Shooting in and around the penalty area, can be applied to players of all ages and focuses on movement to lose defenders and individual finishing technique. With the pitch split into 3 zones, 2 players attack and defend from balls passed in from one of 4 outside players. With a goalkeeper at each end, players must alternate attacks at each end. If the defender wins possession they must attack the other end becoming the attacker until dispossessed. Keep a tally of all goals scored and work 6 balls for each pair before rotating individuals.

Progressions & Constraints:

- Progress the practice by allowing attackers to now enter the attacking zone to finish, triggering an outside player to press. If the new defender wins possession, they can pass to the original defender, who then attacks the opposite end.

Key Coaching Points:

- Tactical** | Double movement to lose defenders
- Technical** | Dribbling and RWTB speed and finishing
- Physical** | Speed to escape, agility to change direction

Questions & Notes:

- Where is the space to break into?
- How can you create half a yard of space quickly?

Work / Rest Ratio: mins sets

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

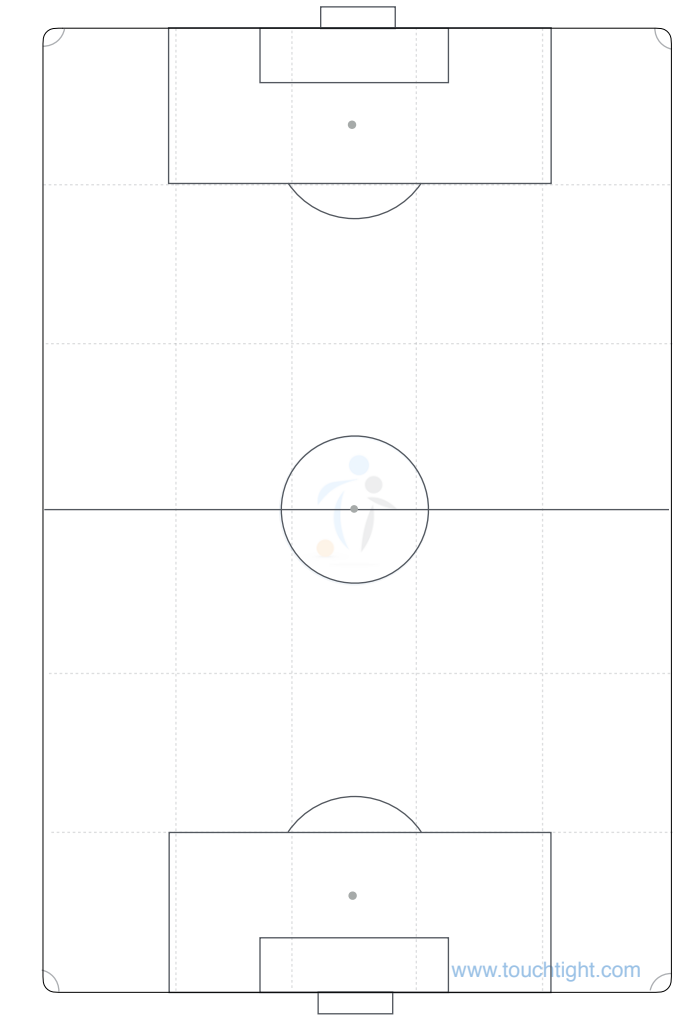
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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

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Session Objective/s:

Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation