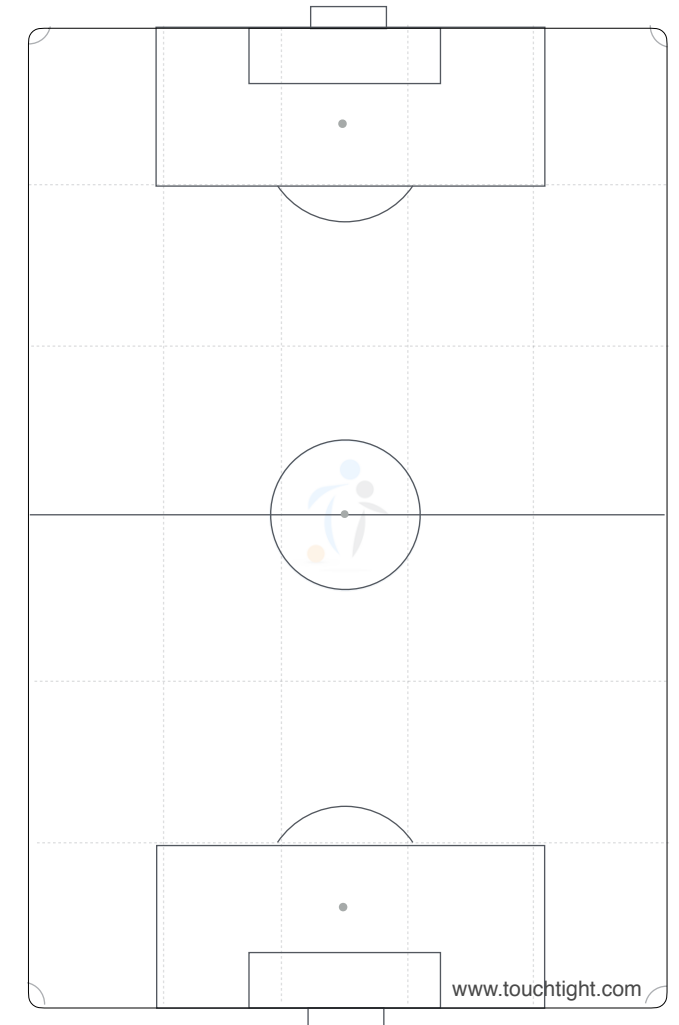
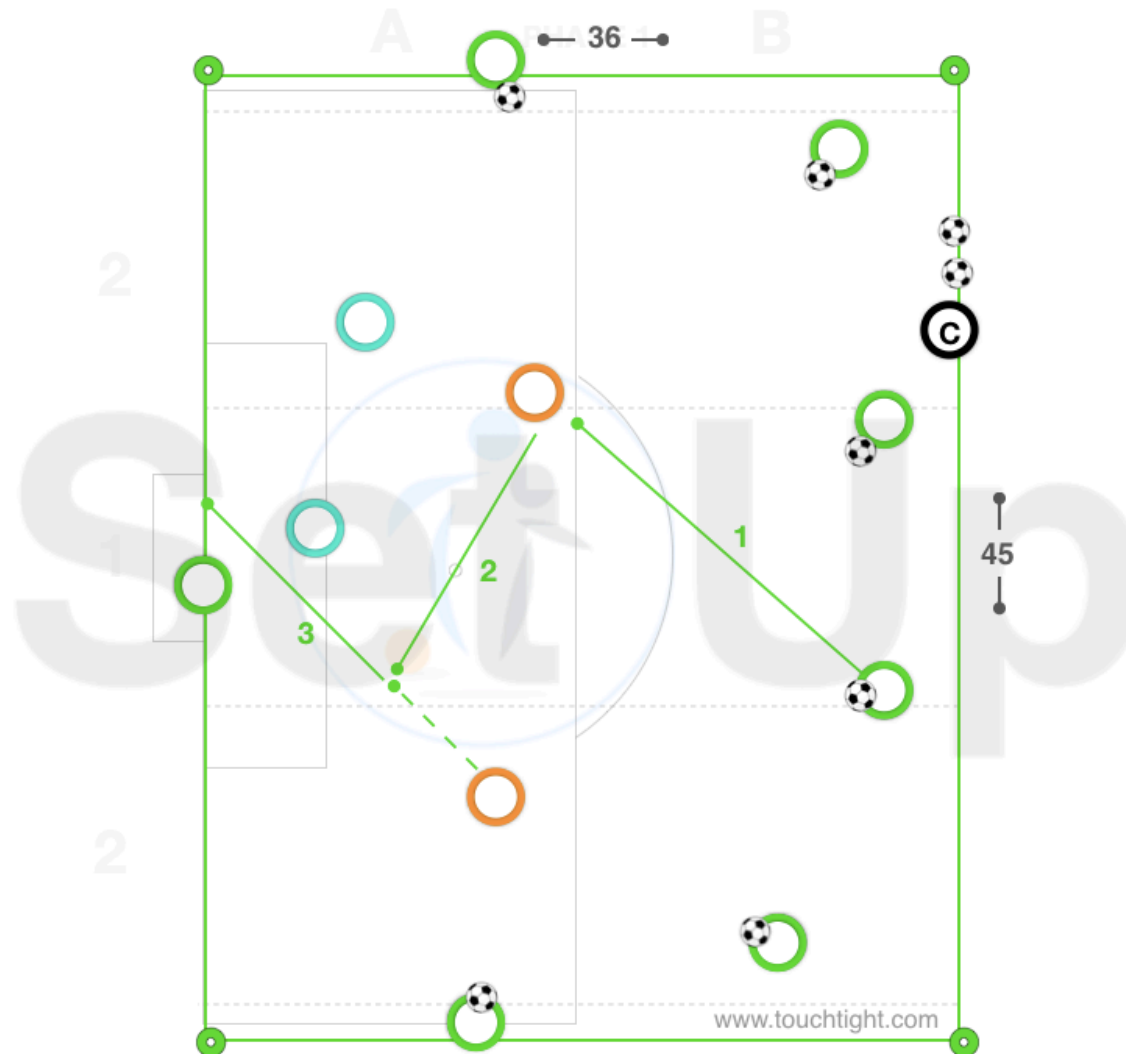


**Type:** Skill Practice**Area:****Team Objectives:** This is a quick fire practice that players enjoy with the opportunity for all individuals involved in creating and scoring chances.**Set Up & Organisation:**

- This Sharp Shooting practice is set up as shown, ideally inside the 18 yard box with a 30 x 18 yard area. We start with 6 feeder players on the outside, with a goal with GK and 2 v 2 in possession. Can be coach led through shouting out numbers, or players on the outside can dictate practice between them by rolling ball in. Pairs must finish all balls.

Progressions & Constraints:

- Outside Players 1 Touch** | Focus on distances and angles of players to be able to play 1 and 2 touch to break into space in central area to finish.
- One Player Overload** | Feeder becomes a floater creating overload to increase shooting opportunities. Change player on transition.
- Complete Rotation** | Floaters now rotate for specific team, encouraging movement and more game like situations to lose markers.

Key Coaching Points:

- If possible, all outside players start with 2 balls each. Encourage speed of getting shot off with possible introduction of time to shoot once ball played.
- S - SPACE** | Depending on numbers increase size if necessary and could also limit areas that players can score from, i.e. only within 6 Yard box for crosses
- T - TIME** | As mentioned give condition for shot to be taken i.e. 8 seconds. Could also set time to work pair for 2 minutes.
- E - EQUIPMENT** | If no GK, could position 2 mini goals on end line and players can only score 1 touch encouraging defending team to drop off.
- P - PLAYERS** | Progressions change players as shown, innovative coaches can rotate players into 3 v 3, or add a floater or 2 in central area, don't be afraid to experiment.

Questions & Notes: Focus on technical points such as shooting in corners, ability to beat players 1 v 1 and combine to get in behind.**Work / Rest Ratio:** mins sets



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

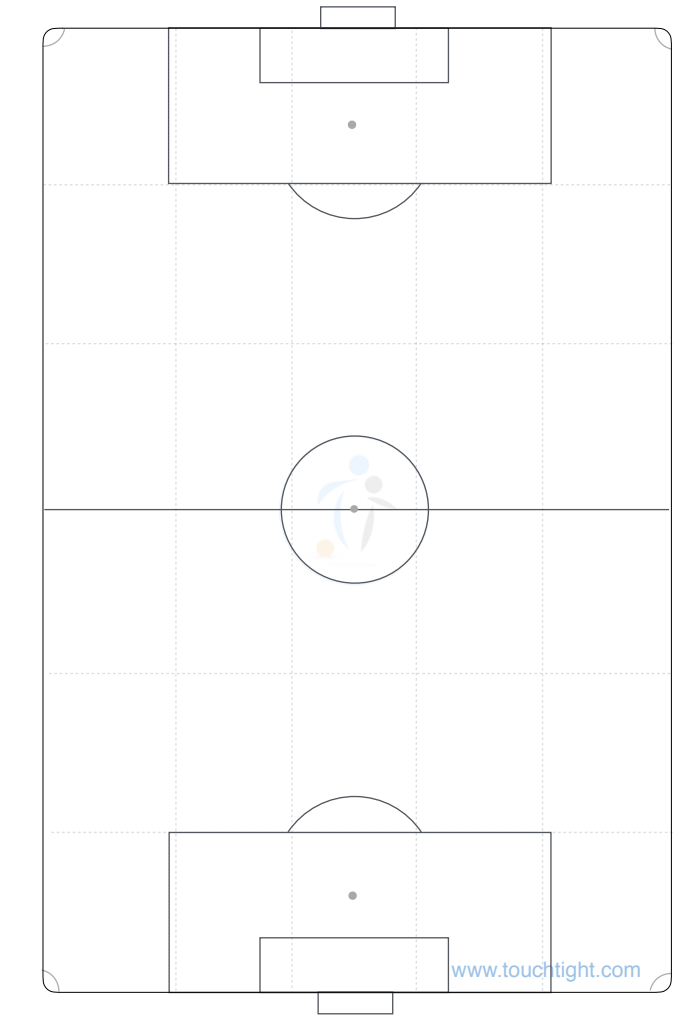
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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

?



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