



Session Date

Season

Age Group

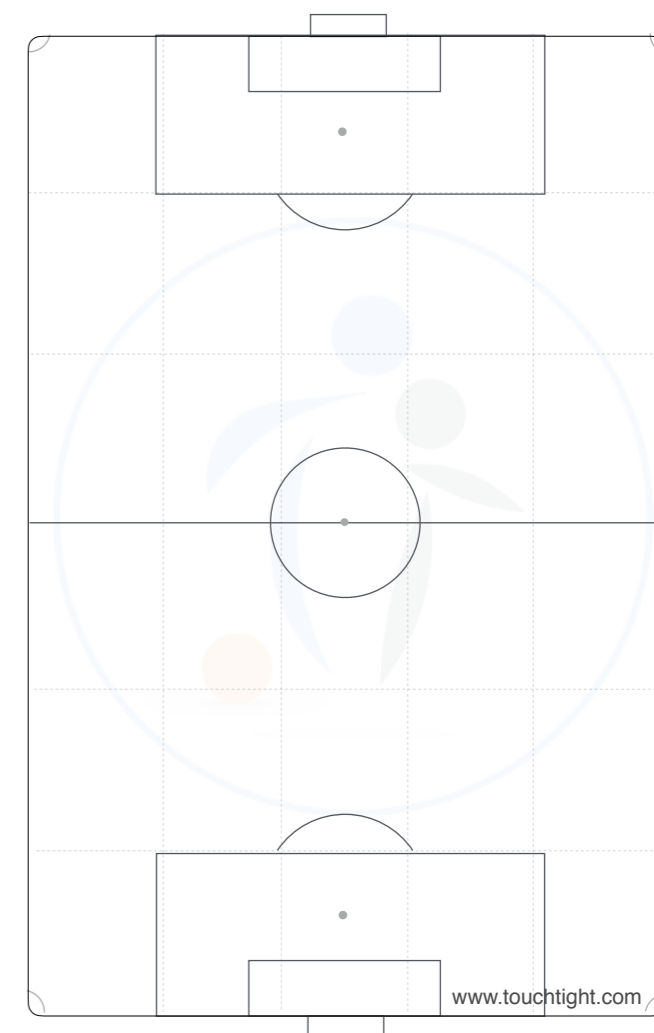
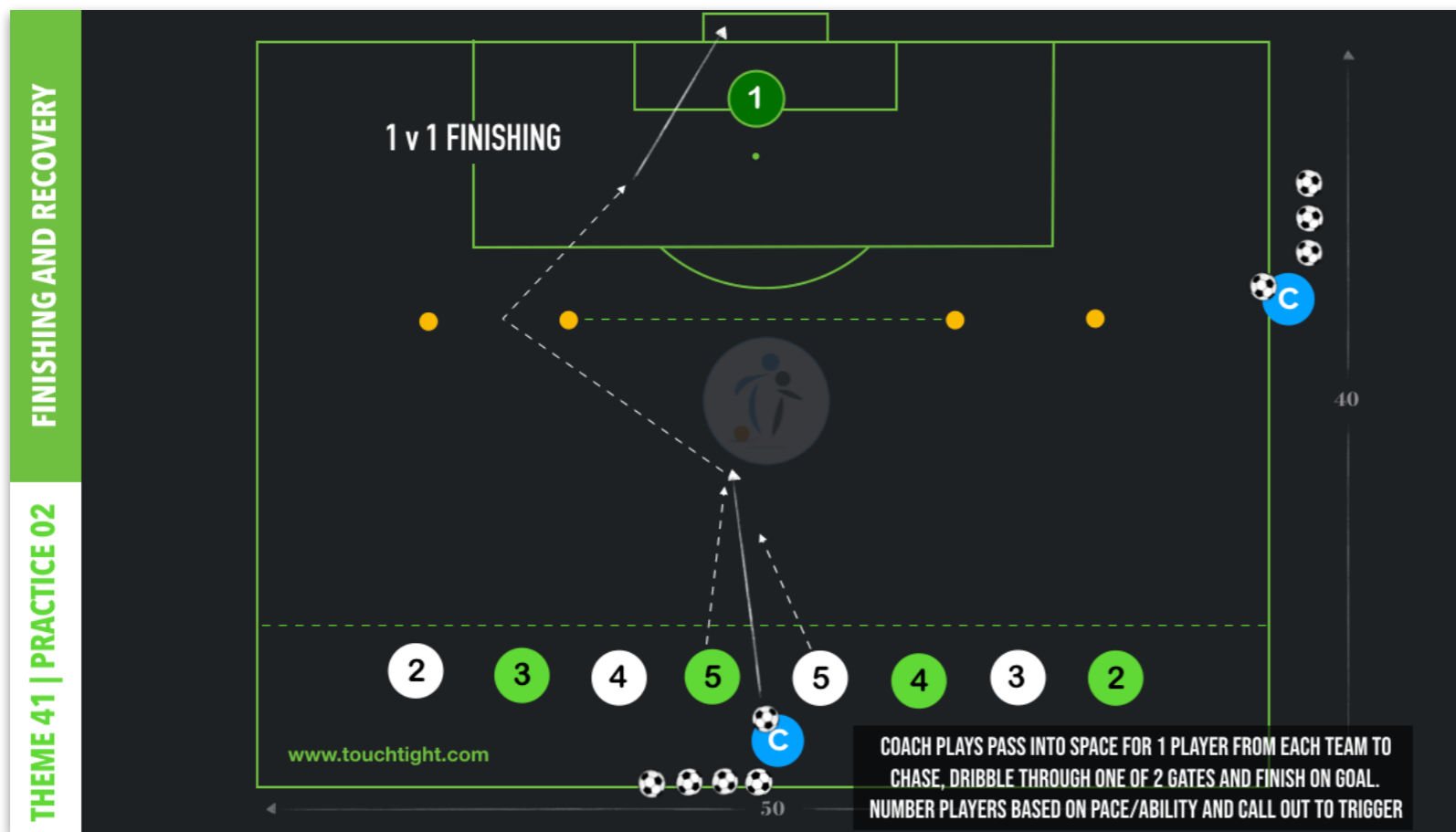
Players

Duration

Type: 1 v 1 Practice

Area:

Team Objectives:



**Set Up & Organisation:**

- Practice 2 of Theme 41 Finishing and recovery is a one v one practice, with emphasis placed on speed of reaction and acceleration to get away from chasing defenders.
- The coach must play a neutral pass and call a number for 2 players to attack. The player winning possession must break through one of two gates to attack goal and finish.
- If defender makes a tackle after the attacker breaks through the gate, they must clear the ball.
- If possession is won before the attacker gets through the gate, they then become the attacking player.

**Progressions & Constraints:**

- We can progress this further by rewarding the goal scorer with a cross from the coach or a supporting wide player, with the defender defending in this one v one aerial duel.

**Key Coaching Points:**

- Speed of reaction to get to ball first
- Calm in front of goal
- Finishing Technique

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

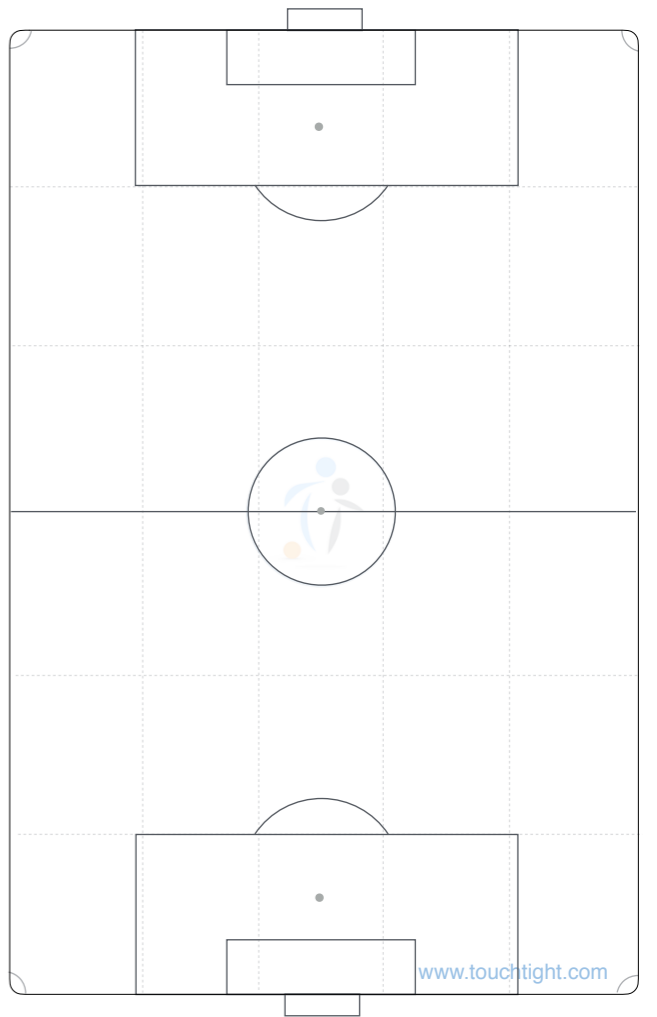
Player Trios initials	Objectives

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?



