



THEME 09:

IMPROVING FINISHING

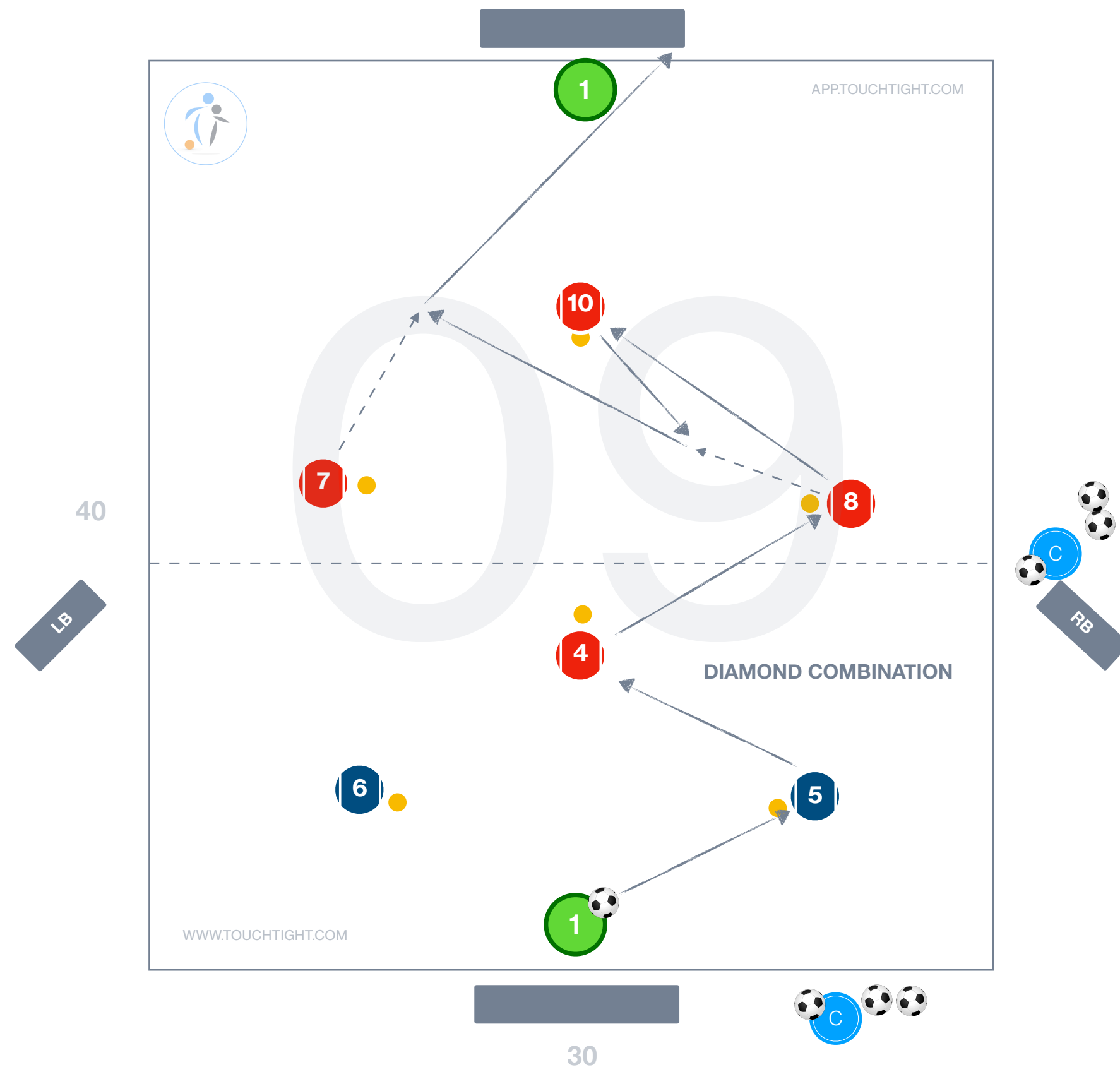
PRACTICE 12: LEAD PRACTICE

AGE GROUP: 12+



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO USE OVERLOADS EFFECTIVELY



ORGANISATION:

This practice is a Lead practice in theme 9 and is focused on combining to a finish in a diamond shape. We begin with the goalkeeper playing out into central defenders, who then combine in one and two touches with the midfield 4, who must finish from a through ball.

Once shot taken, coach plays a pass into the attacking players where 3 players will then attack the 2 central defenders immediately.

KEY COACHING POINTS:

Focus on the following key points:

1. Finishing technique around goal
2. Ability to build up play with accurate passes
3. Quick response to coach pass on the transition
4. The magic Pass, can you find it to create chances?

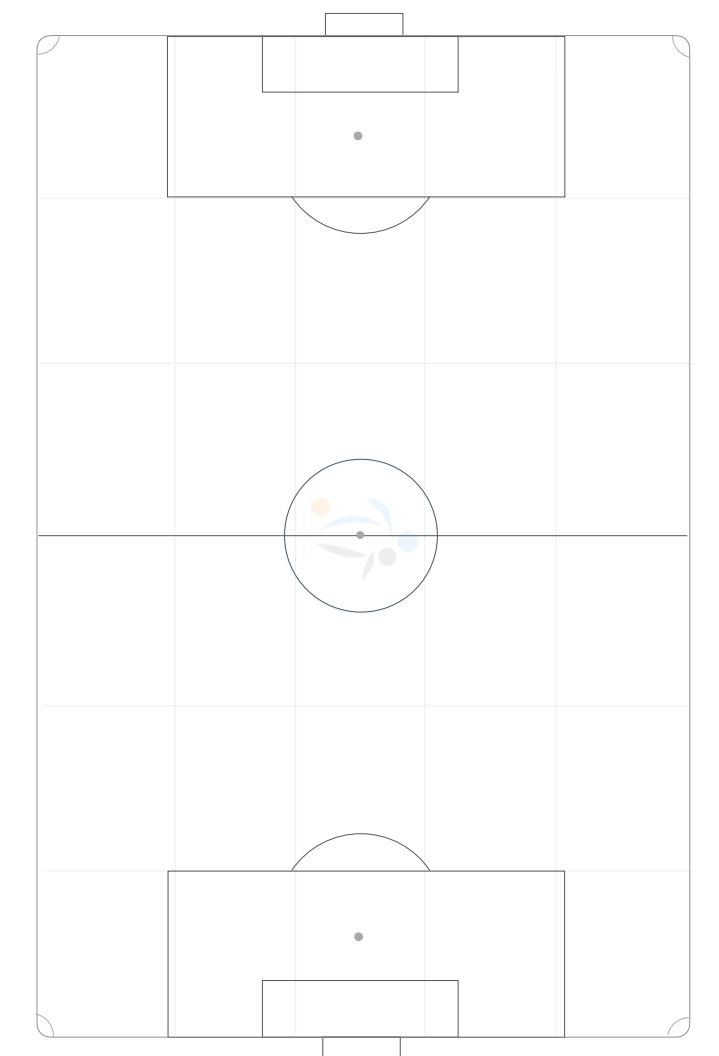
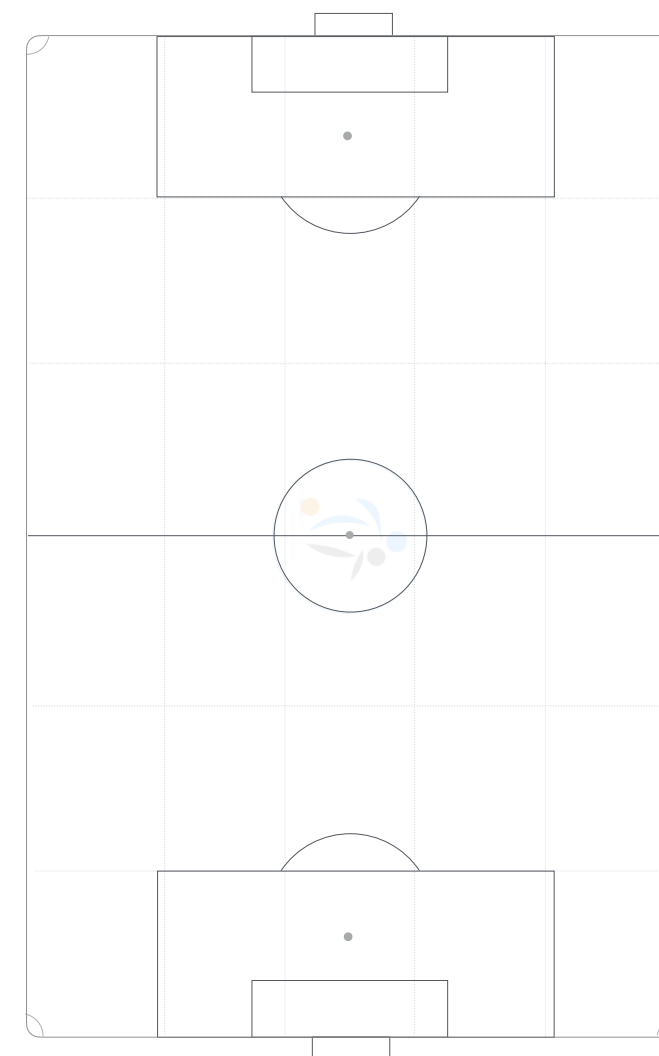


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

COACH PLANS



ADDITIONAL INFORMATION:



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

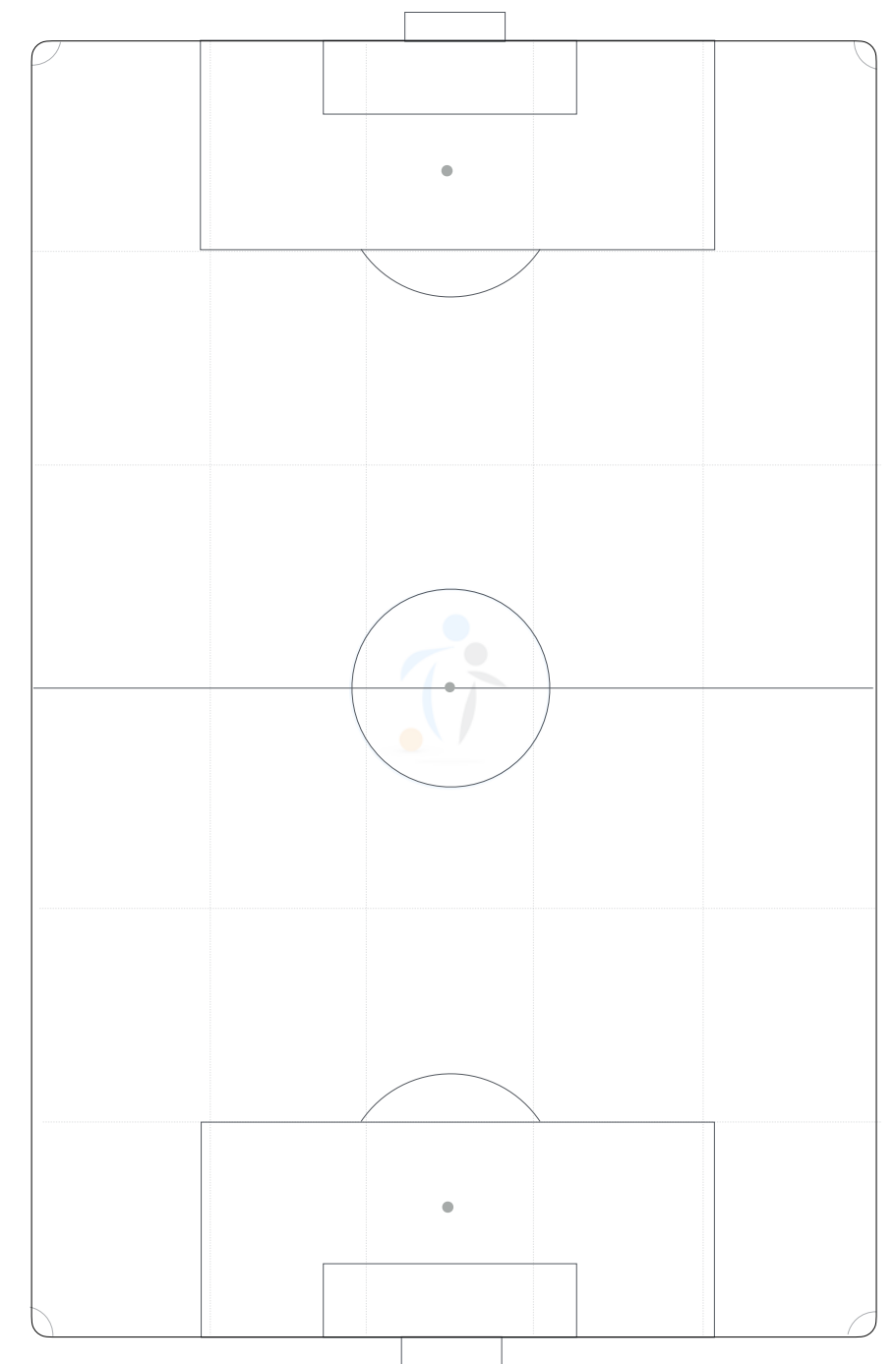
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

