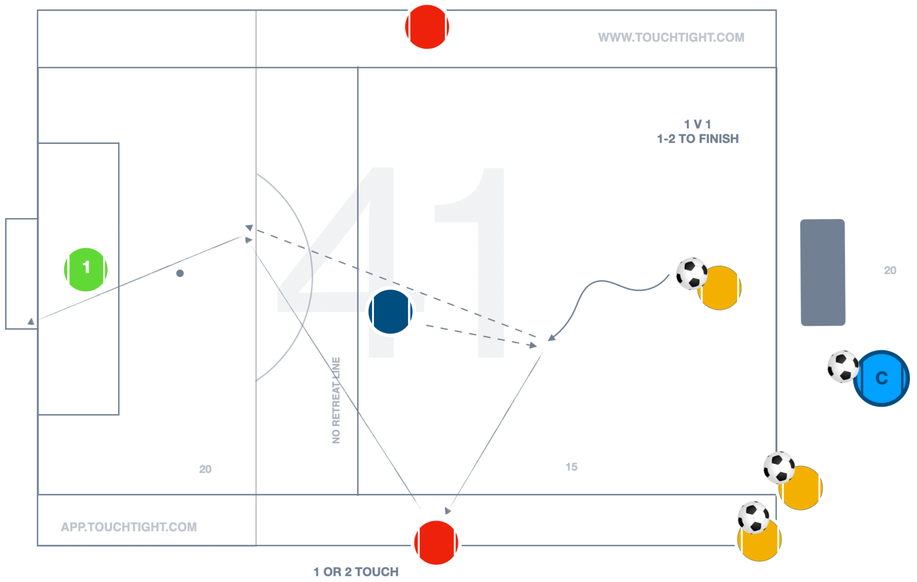
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This simple 1 v 1 practice, is number 3 in the theme 'Finishing and Recovery' and is a 1 v 1 with support players either side for the attacking player to bounce pass with before finishing. We have a retreat line where the defender is not allowed to go beyond, plus the goalkeeper is not allowed to encroach out of their 6 yard box until a side player has played the return pass. Rotate attacker and defender if defender scores and also rotate wide players with attackers to ensure all players play in each position.	Ability to attack defender at pace Quality weight and accuracy of pass to allow combination from side player on one or two touches Finishing technique when one on one with the GK
Progressions	**Player Questions**

Area Size	Duration	Sets	Work to Rest Ratio	Intensity	Energy

EVALUATION

Player(s)	Objective	Tech / Tact / Soc / Phy / Psych	Evaluation

Coach (Self)

Session Organisation

Players (Motivation / Engagement / Learning)

Action Points

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