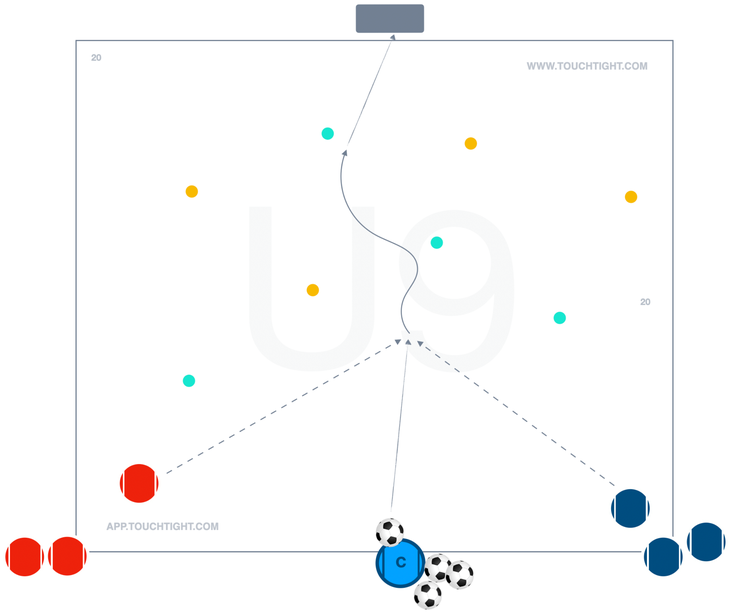
Club	Age Group	Coach	Session Title	Date	Start Time	Duration	No. of Players



Organisation	Key Coaching Points
This practice is a simple 1 v 1 in a 20 x 20 yard area, adjustable depending on age group. The objective is for players to simply race onto a ball passed in by the coach, control and take on the defender to finish in a mini goal. We add flat discs that the coach can use to call out the colour or number of the cone which the attacking player must drive through before finishing. We continue the practice in pairs, with each team calculating their score through the practice.	Speed to get to ball first Positive attitude to take on player at pace Close control to to be able to dribble ball around player Ability to pass into goal to finish on finding space
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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