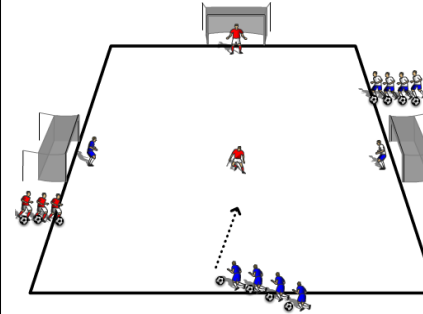


Theme

Opposed – 10m

QUICK PLAY IN AND AROUND THE BOX

THIS PRACTICE IS SUITABLE FOR ALL AGES AND ABILITIES AS IT'S FOCUS IS ON THE INDIVIDUAL PLAYER TECHNIQUE AND SMALL GAME PLAY (1V1, 2V2, 3V2 ETC). THIS INDIVIDUAL WORK IS NEEDED BY PLAYERS OF ALL AGES AND ABILITIES



1v1 crossways – two teams

The teams must attack one goal before quickly reacting to defend 1v1 in a different goal

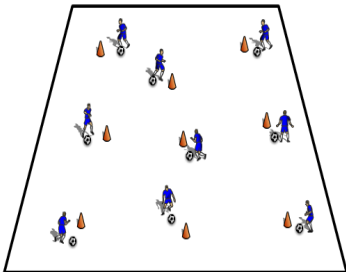
1v1 around the clock – three teams

The teams take turns to attack and defend in 1v1 situations

Now progress to 2v2 around the clock

Warm up

Overload practice – 15m

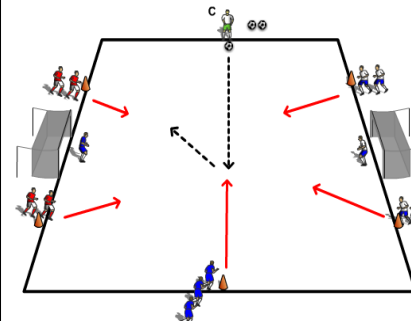


The players go through various skills and moves in order to beat their cone

Stepovers, turns etc

This practice has two aims

- 1 – warm up
- 2 – build the mentality for the rest of the practice (create ½ yd to shoot at goal)



3v2 choice game

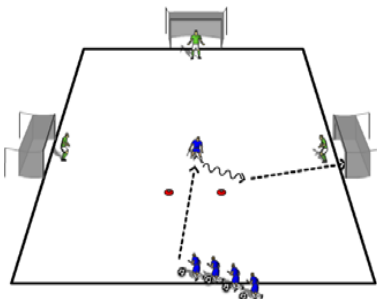
The coach passes the ball across to the middle player

The middle player makes a first time pass towards the team that he wishes to join

Immediately a 3v2 game commences

Technique

Game – 10m



Various finishing exercises

- 1 – finish two touch from a pass
- 2 – finish one touch from a pass
- 3 – finish two touch from a bouncing or aerial pass
- 4 – set up a team mate to shoot from a varied serve
- 5 – now the passing player must run after the attacker and stop them scoring

***The players can shoot into any goal**

Free game to end the session,

Encourage the players to look for quick play in the final 3rd

The end result should be a shot on goal or a cross into the box