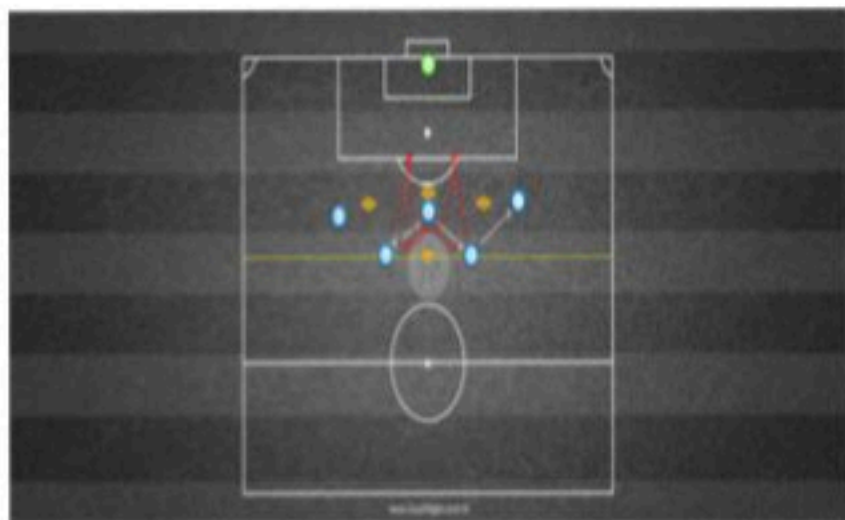
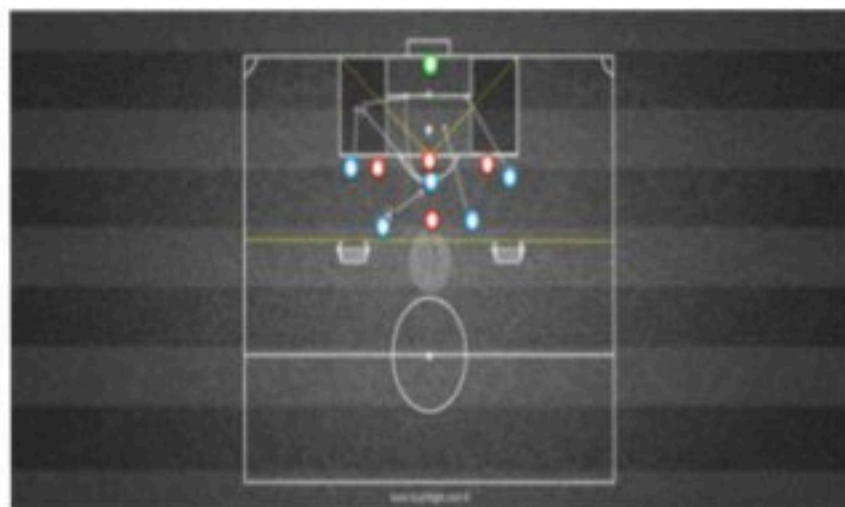


Combining in final 1/3rd

1



2



Session Set-Up

Final third of pitch	Supply of footballs	4 mannequins 1 big goal	Bibs 5 blue 1 green
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Session Detail

1TP; combining to make runs to score. 1 of the CMs passes to ST, then ST plays ball to the other CM player, then makes a quick pass to the W to score. Next is to play centrally, CM player passes to ST who then lays the ball back, makes a run away (but never taking his/her eyes off the ball) then in towards the ball to score.

2SD; same lined area (as diagram). Players look to get in behind the reds and blues look to score inside the triangle where the high percentage of goals are scored. Reds win the ball they play into smaller goals.

Competition
Motivation

Practice 1 – score within a time limit

Individual
Challenge

Try to use quick passing (1-2s/1-touch) to keep the tempo alive!

Unit/Team
Challenge

Try to get players in behind from CMs Try to score at the earliest opportunity

Key
Questions

Is there enough space to receive the ball behind, what do you need to do as an individual or team to make sure there is?

Progressions

Swap roles – roles for all
Reds have a choice to score within 6 seconds or to have 4 passes

4 Corners | Coaching Points

1. Quick passing combinations	1. Decision to make passes between/beyond defence
2. Support is important for flow of session	2. Confidence – individual brilliance
3. Body shape for pass selection/ playing 1-2s	
1. Speed of pass and supporting movements to disjoint the defenders	1. Communication - VITAL