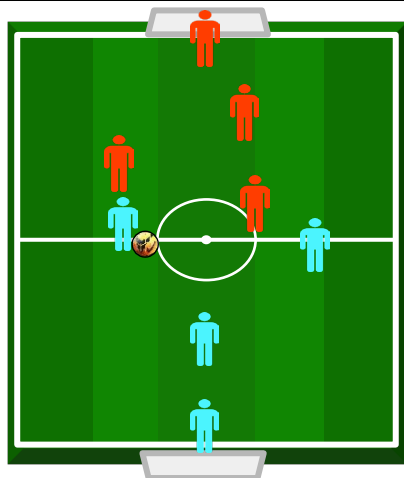


Principle of Play: Attacking

Session Objective: Striking the ball – finishing with power and accuracy.

Key behaviors/habits: See the ball/see the goal, select the correct type of finish, think: "can I score, if not, give it to someone who can"



ORGANISATION

3v3 + GK's – 6v6 + GK's

25x25m (for 3v3+GK) field is shorter than normal to promote more opportunities to shoot

RULES

No throw ins or corners, ball restarts with the GK at all times

KEEP SCORE to keep intensity levels high

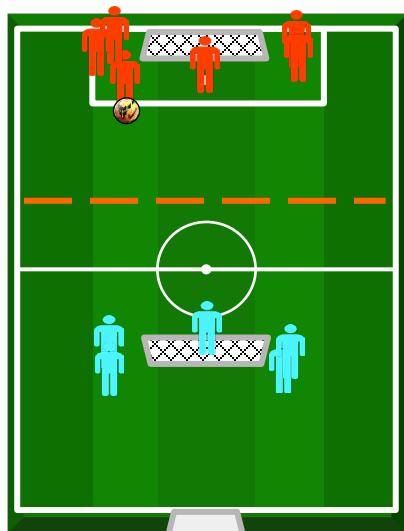
COACHING POINTS

Can you get in a position where you can see the ball and the target

Can you score, if not, give it to someone who can?

For accuracy, use the inside of your foot, lock your ankle, kick through the center of the ball follow through to the target.

For power, use the shoelaces to strike, lock your ankle, get your shoulders over the ball to keep the ball down, strike through the centre of the ball and land on your striking foot.



ORGANISATION

25x25 with halfway line

One red player plays 1v0 to score against the goal keeper

One blue player starts with the ball and comes out and plays 1v1 against **the same** red player

One more red player comes out with the ball **and joins that red player** and plays 2v1 **against the same blue player**

An additional blue player comes out and plays 2v2 with the other players.

This is repeated until the game finishes 3v3

RULES

Score in the big goals. If you win the ball, transition and score.

When your team adds the additional player, the ball starts with your GK rolling it out to them.

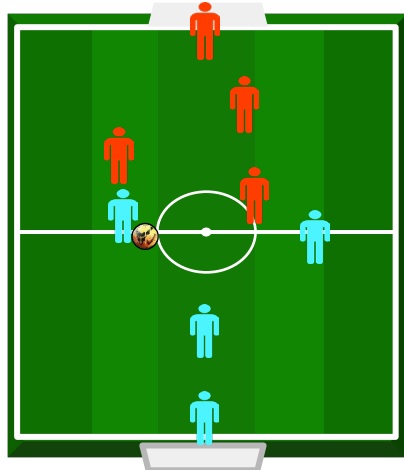
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ORGANISATION

3v3 + GK's – 6v6 + GK's

25x25m (for 3v3+GK) field is shorter than normal to promote more opportunities to shoot

RULES

Normal game rules

COACHING POINTS

Can you get in a position where you can see the ball and the target

Can you score, if not, give it to someone who can?

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