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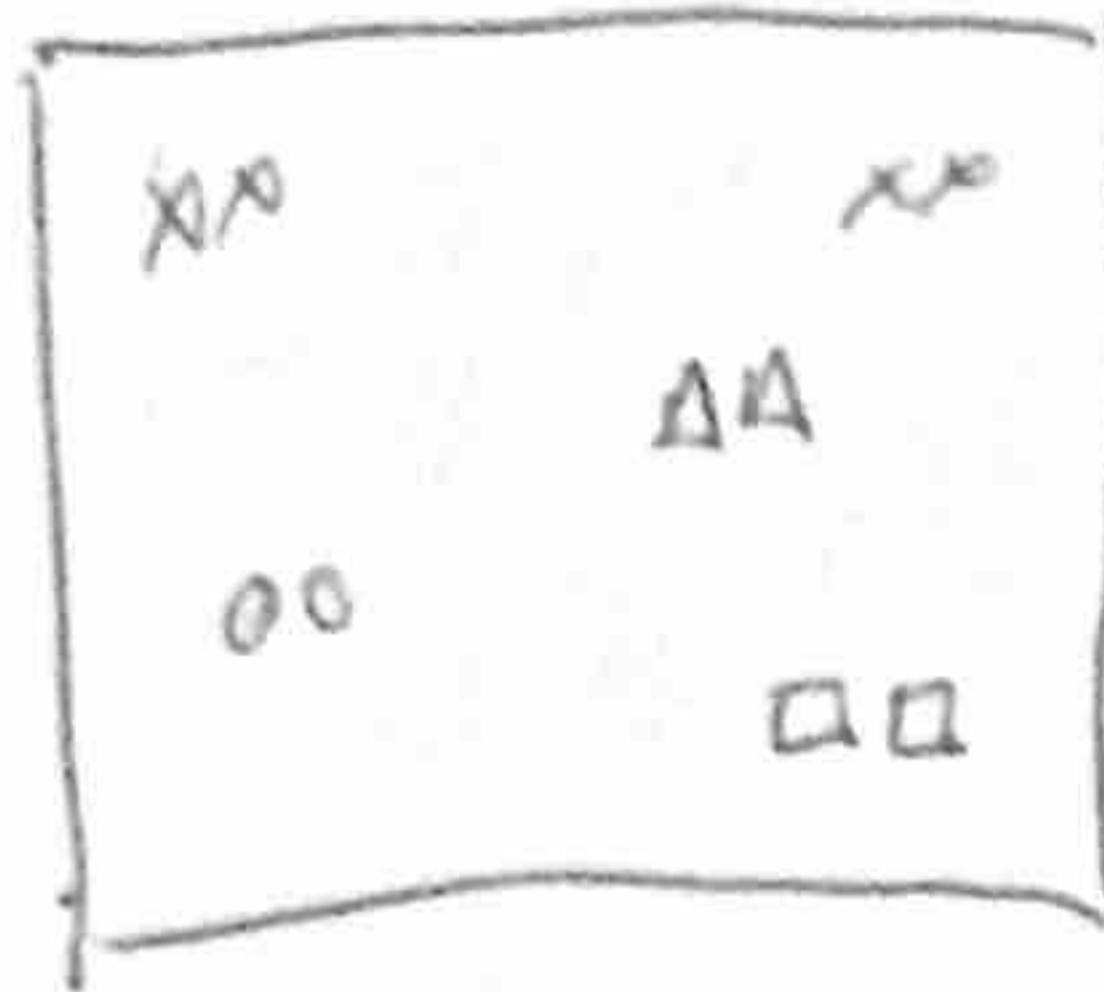


Finishing

Main Coaching Points

Warm Up

10 mins



- Players in pairs
- Dribble away from partner

- Dynamic warmup
- Stretching
- Dribbling

Main Session

30 mins



- 1v1s to goal
- Beat your man and finisher

Prog 1

- 2v1 to goal.

Prog 2

- 2v2 to goal.

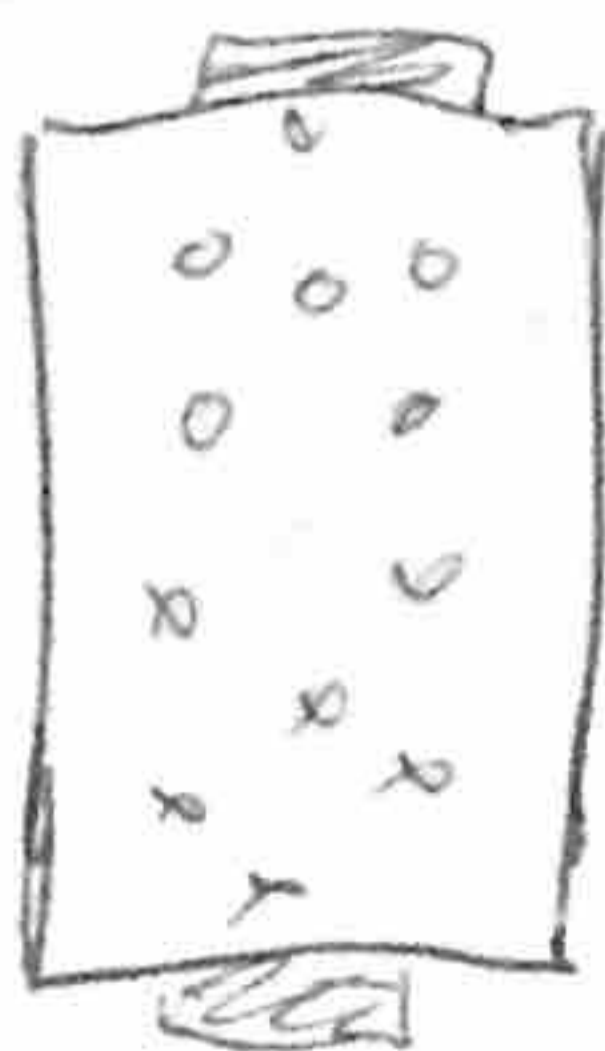
3v3 mini comp

- attack v defence
losers forfeit!

- 1) Head up!
- 2) Be positive
- 3) Pick your spot
- 4) Technique
- Power?
- Placement?
- Chip?
- 5) Execute
- 6) Follow through

Small Sided Game

20 mins



- First 5 mins can only score finesse (inside foot)
- Then laces
- Last 10 mins ALL IN.

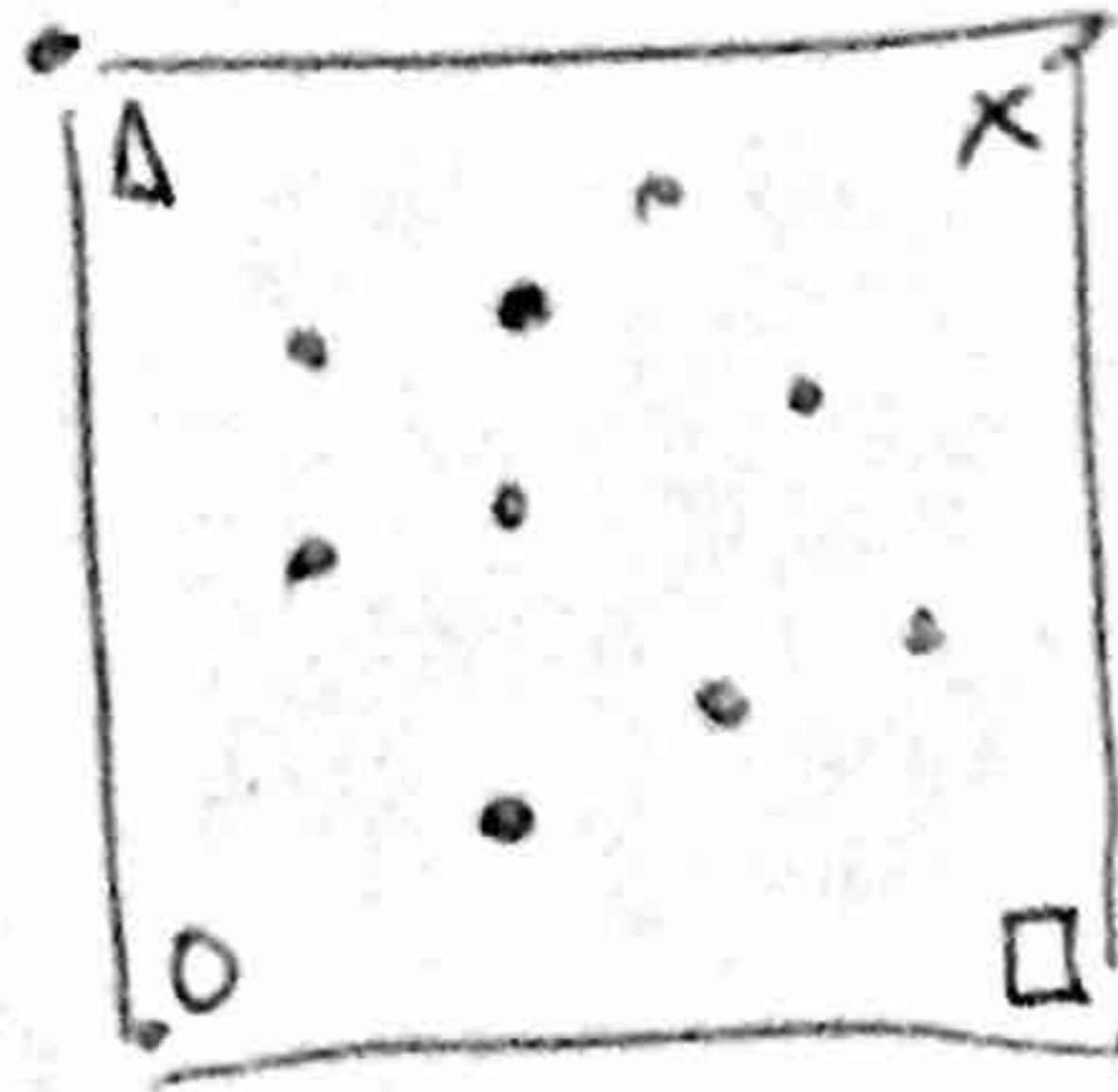
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Running with the Ball

Main Coaching Points

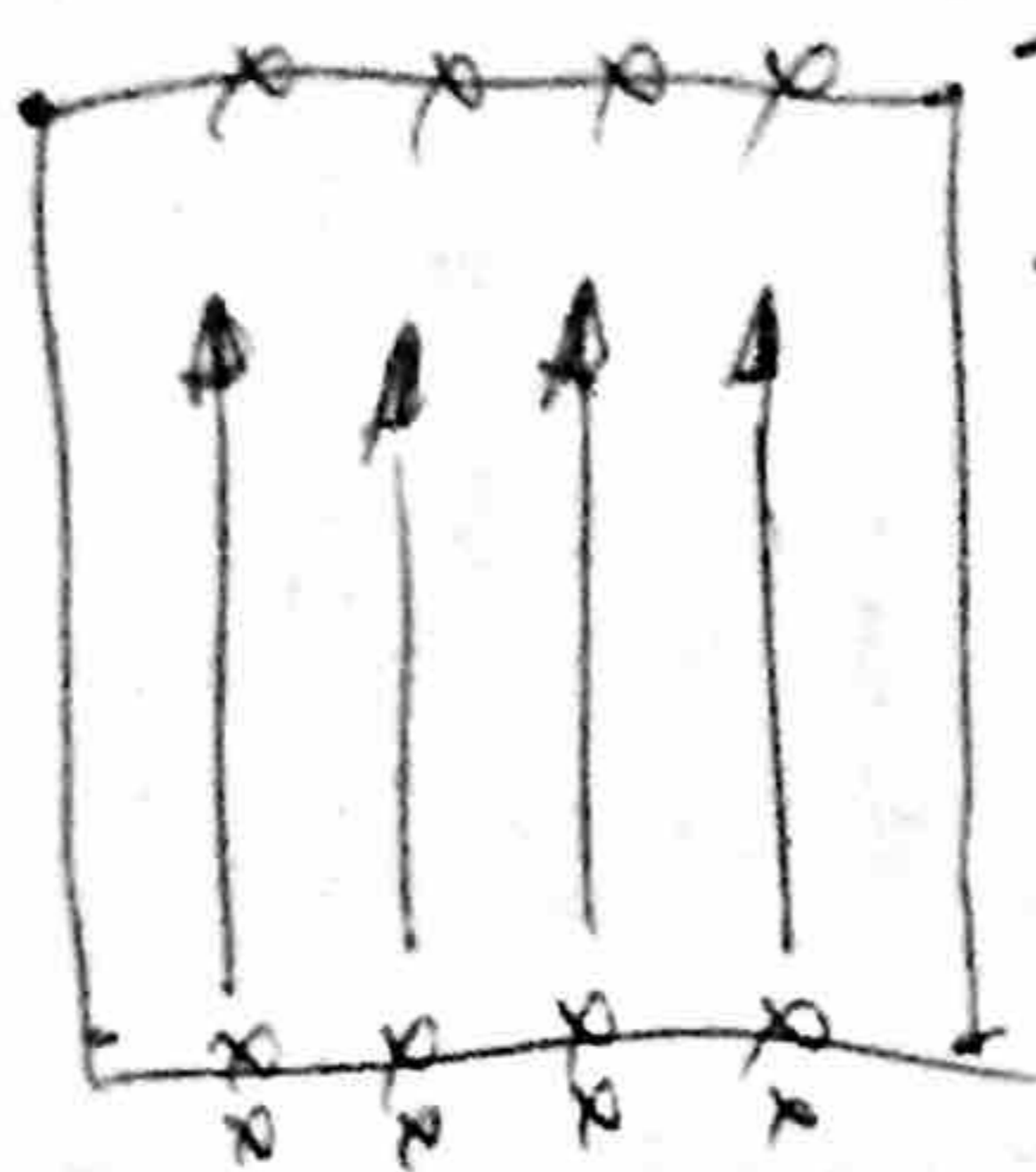
Warm Up



- Players dribble in area.
- 4 different corners.
- On front dribble to corner

- Dynamic
- Stretches
- Dribbling

Main Session

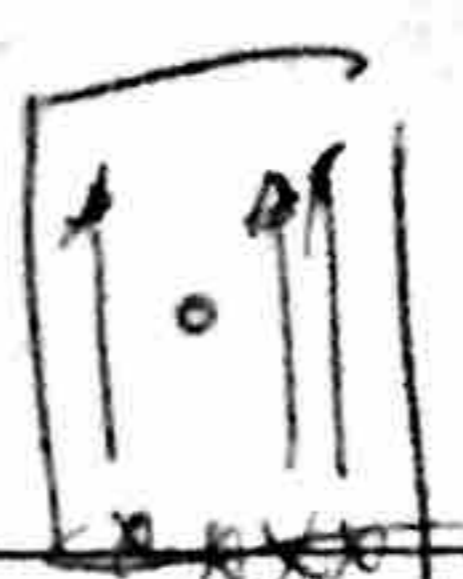


- Players in 3s
- RWTB to partner
- Partner takes over + runs back.

- 1) Head up
- 2) Big touch
- 3) Pace.
 - Laces
 - Toe points down.
- 4) Decision
 - Pass?
 - Shoot?
 - Dribble?

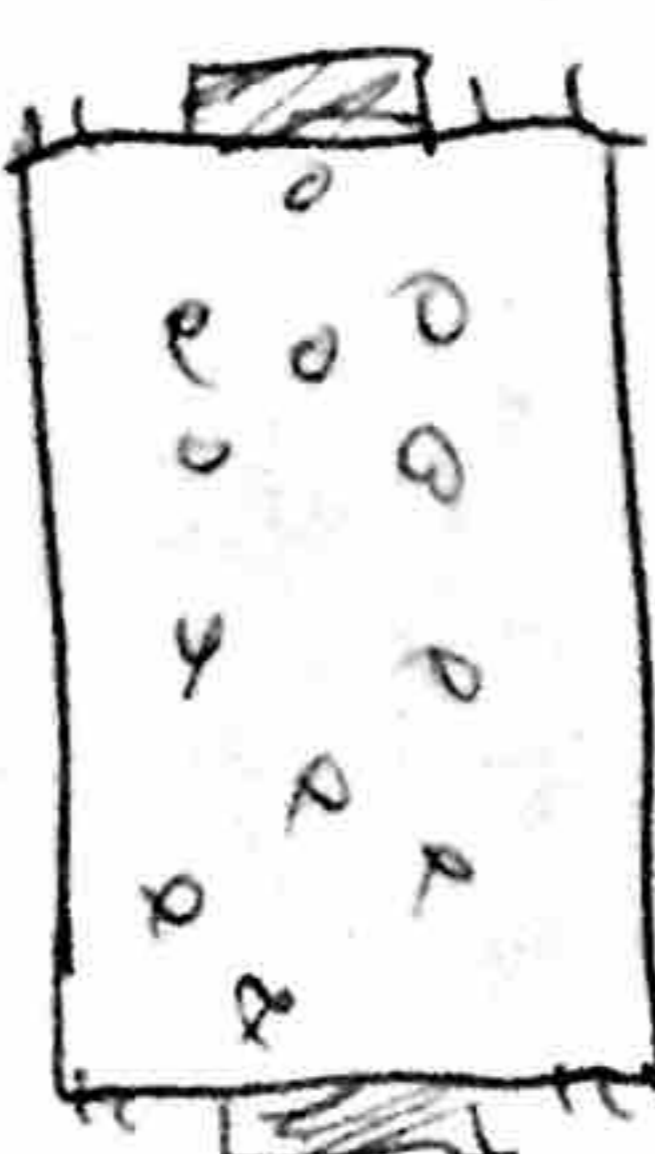
Prog 1
- Race against other teams
"Loses Perfect"

Prog 2



- Cross River
- RWTB past defender in middle.

Small Sided Game



- Normal game
- Side goals after 5 mins
- Have to run through with ball to score.