Haslam 9 0 0 0 0 0 2006G PTSC Name: Team: 5/25/2016 Date: Shooting and Finishing Topic: Is this your filmed session? (Yes/No) TRAINING OBJECTIVE(S): Striking the ball properly and probable (2) IVITO BLOOD DAILING Where? Attacking third Who? All When? Finishing a some areas of Sydw Why? To score more goals and Shedw What? I. WARM-UP **Activity Time:** Intensity: LOW Recovery Time: Duration: 15 Intervals: ORGANIZATION (Physical Environment / Equipment / Players) 1v1 to gaol w/ speed **COACHING POINTS / KEY CONCEPTS** Speed to the ball/Striking on the move II. SMALL-SIDED ACTIVITY Intensity: MED **Activity Time:** Recovery Time: Duration: Intervals: ORGANIZATION (Physical Environment / Equipment / Players) Progressive shooting w/ keeper 1vK to 1v1+K to 2v2+K **COACHING POINTS / KEY CONCEPTS** Striking at pace/proper technique III. EXPANDED ACTIVITY Intensity: **Activity Time:** HIGH Recovery Time: Duration: ORGANIZATION (Physical Environment / Equipment / Players) 4v4 no keeper - Slot from own half = 2 pts Goal from one half = 5 pts. 4 **COACHING POINTS / KEY CONCEPTS** Shooting in a crowd/creating enough space to shoot **Activity Time:** IV. GAME Intensity: HIGH Recovery Time: Duration: 30 Intervals: ORGANIZATION (Physical Environment / Equipment / Players) Scrimmage **COACHING POINTS / KEY CONCEPTS** Fun - Game Play - Encourage more shots

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