

Name:

Haslam

Team:

2006G PTSC



Date:

9/7/2016

Topic:

Shooting/Finishing

Is this your filmed session? (Yes/No)

TRAINING OBJECTIVE(S): Striking the ball properly

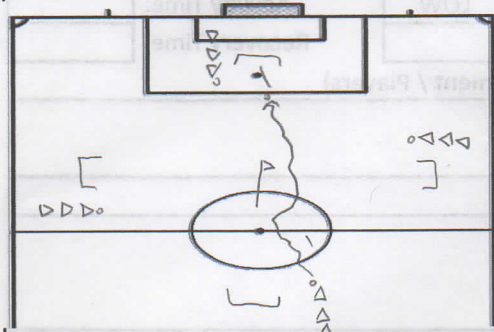
Who? All

Where? Attacking third

When? Finishing

Why? To score more goals

What?

**I. WARM-UP**

Intensity:

LOW

Activity Time:

Duration:

15

Intervals:

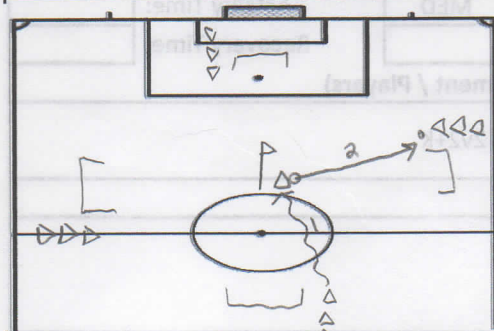
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Cogi - 4 goals - Dribble to strike

COACHING POINTS / KEY CONCEPTS

Proper striking on the move/Speed

**II. SMALL-SIDED ACTIVITY**

Intensity:

MED

Activity Time:

Duration:

15

Intervals:

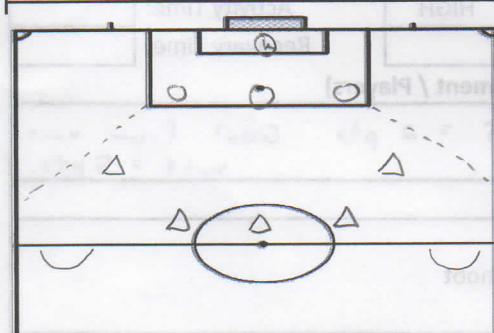
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Cogi - 4 goals - 1v1

COACHING POINTS / KEY CONCEPTS

Creating space to shoot

**III. EXPANDED ACTIVITY**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

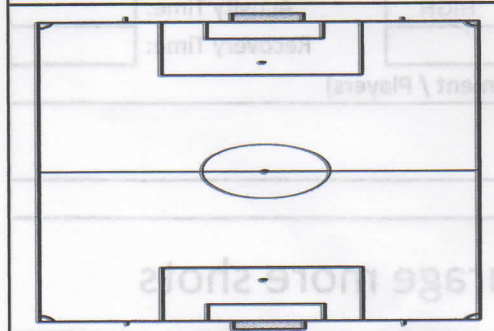
Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

4v4 Funnel to middle

COACHING POINTS / KEY CONCEPTS

More shooting/Shooting in a crowd/Shooting in the box

**IV. GAME**

Intensity:

HIGH

Activity Time:

Duration:

30

Intervals:

Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

Scrimmage

COACHING POINTS / KEY CONCEPTS

FUN - Game Play - Encourage more shooting