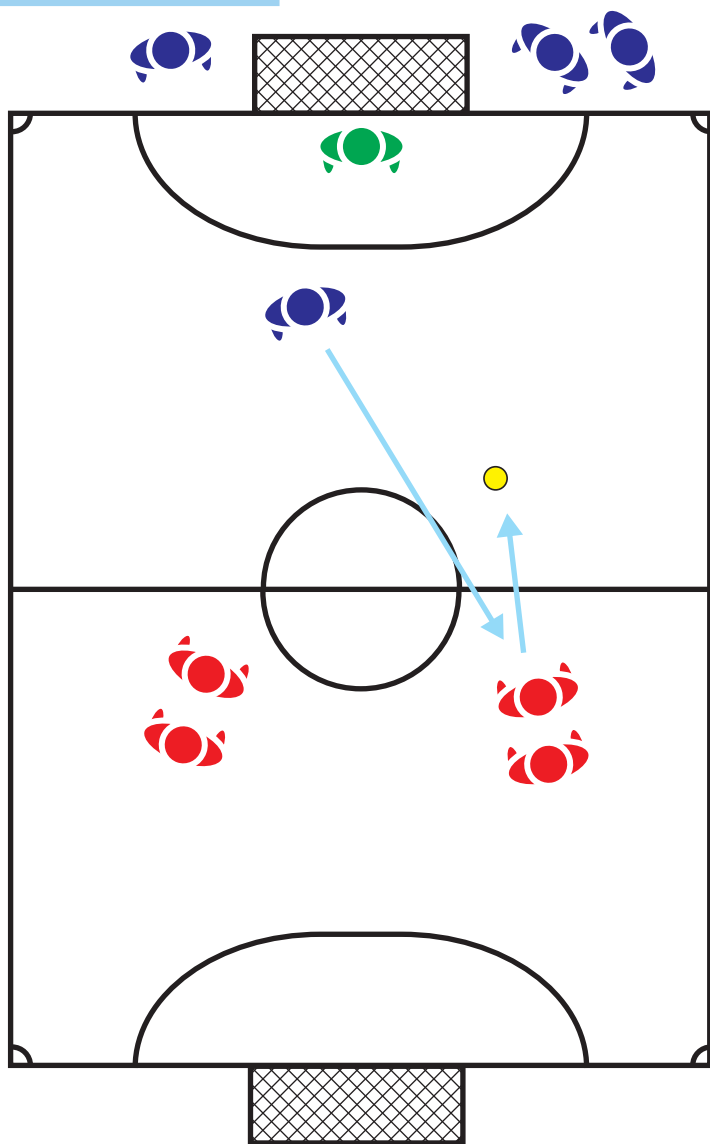


Session Title: 1v1, 2v1, 1v2, etc

Date: 03/03/24



Games:

Must be inside the D to score - shots outside the D count as **NEGATIVE** goals!!!

Phase	Week 19 - Finish the attack Patience, Skill, Pace, Desire, Thought, Finish
Time	Lots of rotations as Att and Def - 6mins per
Players	As many as we have - 2 GKs
Organisation	Play 1v1 into 1 goal from halfway - ATT joins DEF line behind goal & vice versa. Play 2v1 with person taking shot becoming DEF Play 1v2 and swap as needed. Play 2v2 and swap DEF for ATT etc Finish with 3v2 at pace! Can have 2 goals, play both ends if the numbers are high - keep the tempo high and lots of rotations, go at pace EVERYTIME!
Key Coaching Points	Attack at pace - why? Why must you finish the attack? Why do you not shoot early? Why should try get inside the D? Make the GK work, why?

1st Hour - CC/EE fun warm-up

2nd/3rd Hour - CC warm-up

4th Hour - PW warm-up

Max time for warm up 15mins

Include EE, EST, LP & others when available

