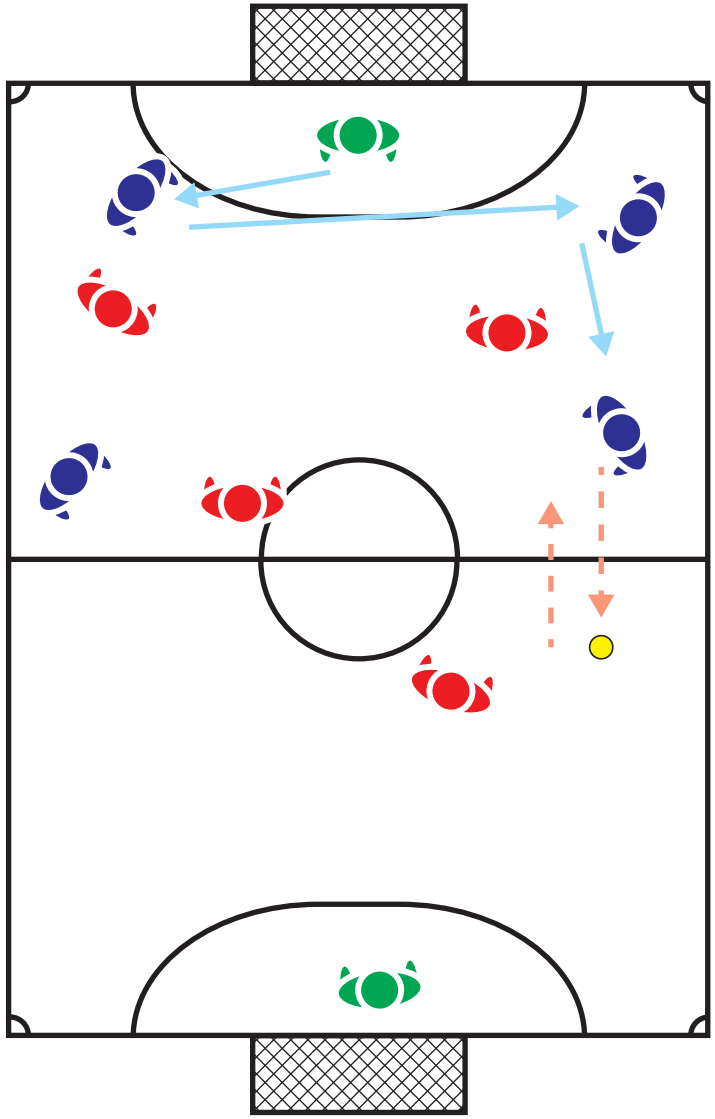
Session Title: Get To Halfway!

Date: 14/07/24



One touch finish in the D - any other finish is worth -3 goals, get them get the ball close!!

Phase	Week 32 - Get to halfway - Improve decision making in positive & negative transitions.
Time	6min games with rests
Players	2 teams
Organisation	Play normal game with 4v4 outfield players. No kick-ins or corners, restart from goalkeepers. If a team can dribble the ball over halfway they can attack either goal. Prog - 01 - Move the halfway line higher. Prog - 02 - Bring the goals in.
Key Coaching Points	Press the ball at all times, why? Keep the ball moving, when and why? Stop forward passing if OPP, why? Why are recovery runs VERY important? React to the transition, who and why?

1st Hour - CC/LP/EST fun warm-up
2nd/3rd Hour - PW/AW warm-up
3rd Hour - AW to deliver
Max time for warm up 15mins
Include EE, EST, LP & others when available