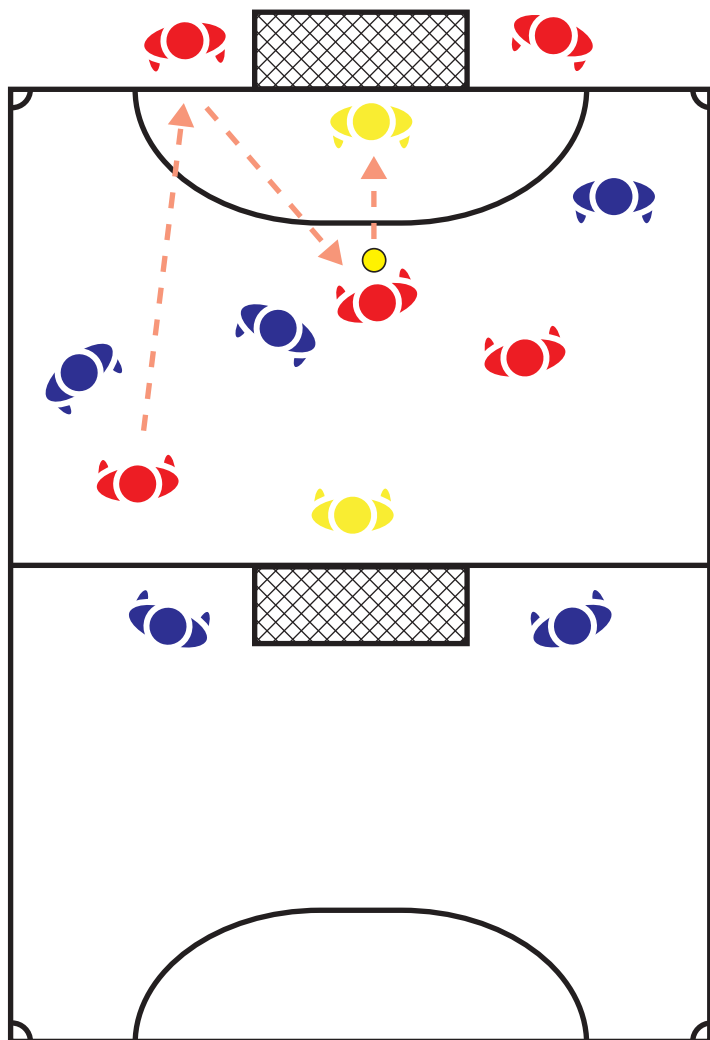


Session Title: The Need for Speed!

Date: 19/11/25



Play half court game, with emphasis on scoring quickly, once you take a shot, swap with one of your teammates.

Phase	Week 5 - Half court 3v3 - score quickly, get the ball back and go again!
Time	4min games, then swap players
Players	3v3 with everyone else at ATT end
Organisation	<p>Half court 3v3 game with GKs, extra players by the oppositions goal. If you score your GK start with the ball.</p> <p>Play 4min game and try and shoot as soon as possible. If you need you can pass to your teammates by the goal.</p> <p>Prog 1 - Must use end players before shooting. Prog 2 - One touch finish.</p>
Key Coaching Points	<p>Why should you shoot quickly?</p> <p>What parts of the foot can you use to shoot?</p> <p>Which is the best part of the foot to use?</p> <p>What do you do when you score?</p> <p>Why do you need to put pressure on the ball?</p>

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

