

## Session Summary

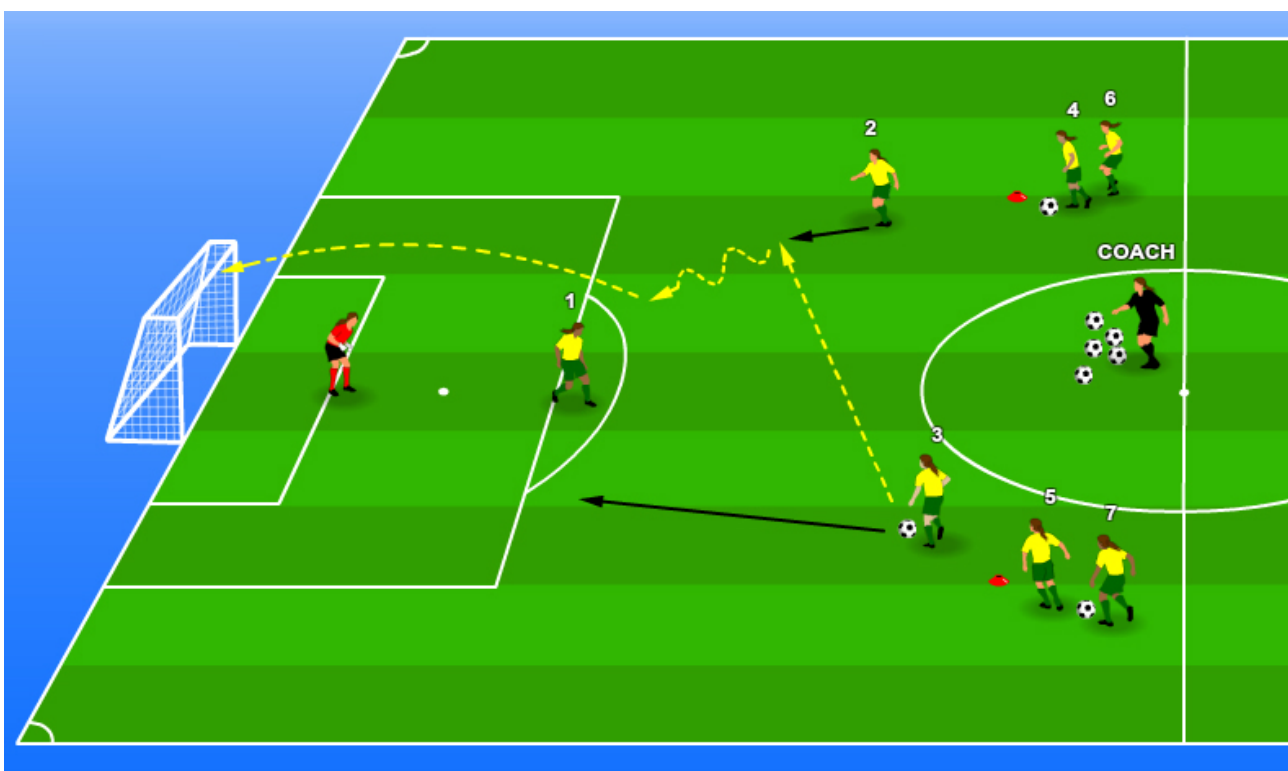
<b>Session:</b>	<b>FINISHING WARM UP - SHOOT THEN DEFEND</b>		
<b>Date:</b>	-	<b>Coach:</b>	-
<b>Duration:</b>	15 mins	<b>Equipment:</b>	Balls / Bibs / 2 Goals
<b>#Players:</b>	6 - 10	<b>Age Group:</b>	U8 - U18

## Introduction

This warm up improves on standard "line" practices by introducing a transition from attack to defence and keeping your players moving with little waiting time.

## Setup

- Half a pitch with one goal and a goalkeeper
- One defender
- 2 lines of 3 or 4 players with footballs - position marked with cones
- Coach in between with more footballs

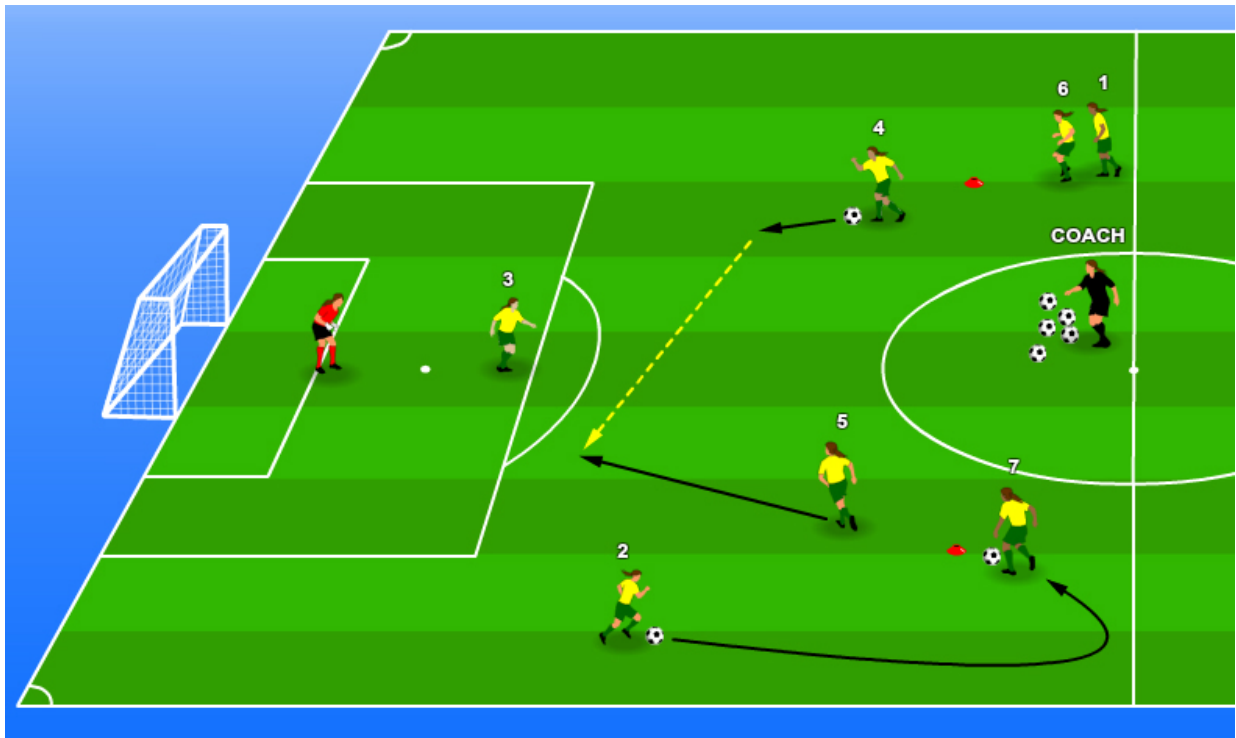


## Rules

- The first player in each line (2 and 3 above) attack with one ball between them.
- The defender (1) tries to stop them.
- Once they have had a shot, the following happens (see below image):
  - the player who took the shot goes to get their ball and then joins the back of one of the lines
  - the player who started as the defender goes and joins the back of the other line
  - the second attacking player becomes the defender
- This should lead to a constant rotation of players

- If the move breaks down and the ball is cleared by the defender or saved by the goalkeeper, treat it as if a shot was taken and players do the same things they would in that case.
- If the defender wins the ball, they dribble the ball to the back of one of the lines.

After the move is completed players rotate to new positions...



### Progressions & Alternatives

- Make it easier for the attackers by having three lines and playing 3v1.
- Make it harder for the attackers by having three lines and playing 3v2. Player who took the shot gets their ball and joins one of the lines whilst the other two attackers become the defenders. Original defenders join the back of the lines.
- give players something to do on the way back to the lines after taking their shot (see below).



## Key Coaching Points (FA's 4 Corners)

### Technical

- Shot **accuracy, power** and **type** of finish.
- Set up **pass** should make life as easy as possible for the shooter.
- Can the **movement** of the player without the ball drag the defender away to create a shooting opportunity for the player with the ball?
- **Follow in shots** in case the GK spills the ball.
- Reference defending outnumbered coaching points for the defender.

### Psychological

- **Communication** (between forwards and goalkeeper to defender)
- **Decision making** - type of shot, when to shoot etc.
- **Confidence** to try again if a shot is missed or a poor touch is taken.
- **Confidence** to try things - different types of finish.
- Allow players to decide how they will attack. **Ownership** of their learning.
- **Transition** from attacking to defending requires **concentration**.

### Physical

- **Strength** to hold off defender.
- **Body shape** when shooting
- **Balance** in all areas of the game, especially when shooting.

### Social

- Working as a **team**
- **Encouraging** others and not being negative
- **Communication**
- Have **fun!**