

Session Summary

Session:	4 v 2 FINISHING IN THE FINAL THIRD PRACTICE		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	20 mins	Equipment:	B.B.C / 2 Goals
#Players:	14	Age Group:	U9 - U18

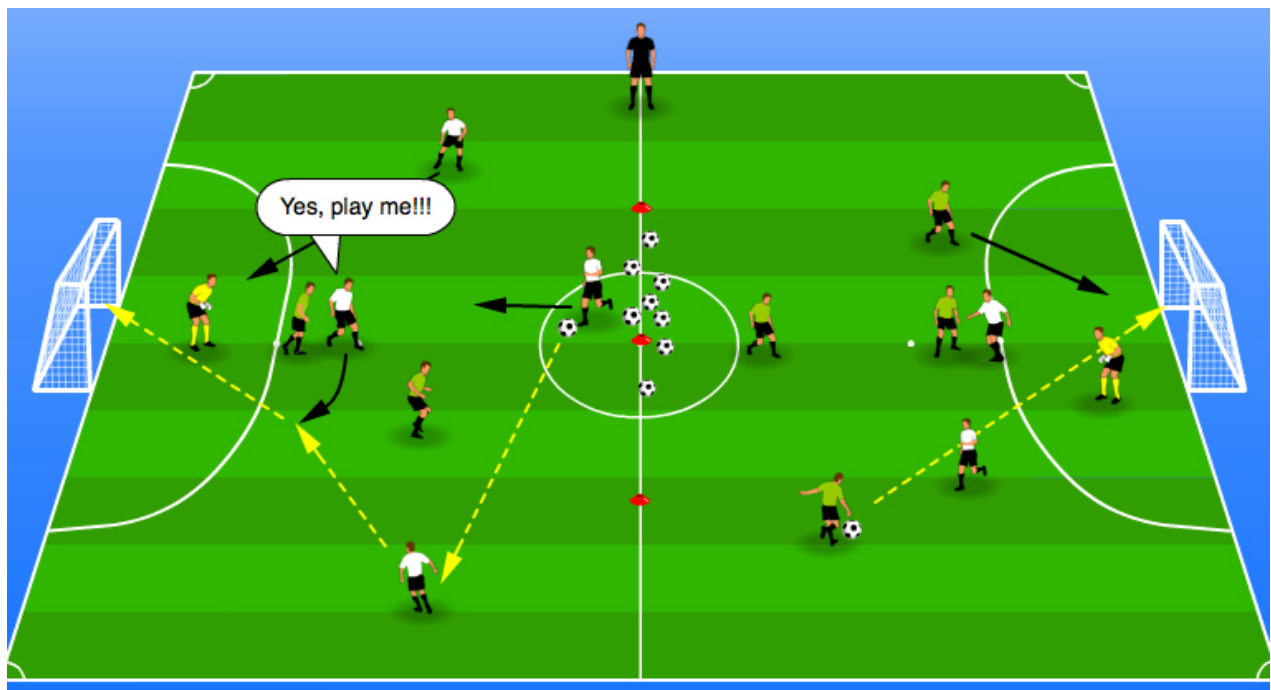
Introduction

This halves practice involves combination play from a number of forward players with a view to scoring goals. By setting 4 attackers against 2 defenders, hopefully lots of goalscoring situations can be created. If the players have problems getting into goalscoring positions, a defender can always be moved to the attacking team to play 5 v 1. This practice flows nicely into a match afterwards. Questions, e-mail ianknappuk@googlemail.com

Setup

- Split the pitch into 2 halves. Play a totally separate game in each half.
- Play 4 attackers vs 2 defenders in each half, with a goalkeeper in each goal.
- Balls located in centre of pitch for either half to use.
- Attacking team can be set up to mimic different formations - front 3, a lone striker with deeper midfielders, 2 up front etc...
- In the diagram below, whites are attacking on the left of the pitch, whilst greens are attacking on the right.

Rules



- Play starts with one of the attackers playing a ball in from the middle to a team mate.
- Attacking 4 try to combine to score, with the 2 defenders trying to stop them.
- As soon as play breaks down and attackers lose the ball, they retrieve another from the centre and go again.
- 1 point for a shot on target, 3 points for a goal.
- Once all the balls have been used up, see which half scored the most points. Can call out scores as the game progresses to put the players under game-realistic pressure of the clock ticking down.
- Switch players round to different roles and go again.

Progressions & Alternatives

- If too hard for attackers, switch to 5v1.
- If too easy, play 3v3.
- Give defenders a challenge of playing out to the coach on the half way line or into any of 3 mini goals positioned across the half way line.
- game can be started with a specific pass to mimic a game scenario - for example into the centre forward with back to goal and under pressure from a defender or out to the winger for a cross.

Key Coaching Points (FA's 4 Corners)

Technical

- Move the ball quickly to find the space for a shot.
- Early shot when keeper and defenders unbalanced.
- First touch to take the ball where you want it.
- Look up and pick your spot for your shot (where is the GK? Where are the defenders? Shot placement).
- Shot type - power / placed / lobbed / chipped / curled / outside of boot / inside of boot / laces.
- Weight and accuracy of pass to your teammates.
- Body shape when receiving the pass. Linked to first touch.
- Follow in shots in case the goalkeeper spills the ball.
- Unbalance goalkeeper by using your body movement and "fakes".
- Shots through crowd of bodies when goalkeeper unsighted or through defenders' legs.

Psychological

- Communication (tell your teammate if they have space / time and what to do with the ball - pass / shoot / hold it up etc.)
- Decision making - type of shot, when to shoot, when to pass.
- Confidence to try again if a shot is missed or a poor touch is taken.
- Confidence to try things - different types of finish.
- Competitiveness - how does the competition against the other half motivate or distract players? Avoid "rushing" things but play with pace still.

Physical

- Strength to hold off defenders and shield the ball if required.
- Agility when receiving the ball and getting into shooting positions.
- Balance when receiving the ball.
- Speed and pace to get to the ball quickly. Effort levels with regard to that.

Social

- Working as a team between you to create chances.
- Encouraging others and not being negative
- Communication
- Have fun!

Session Review For Improvement

What Went Well	Even Better If	Change For Next Time