

Session Summary

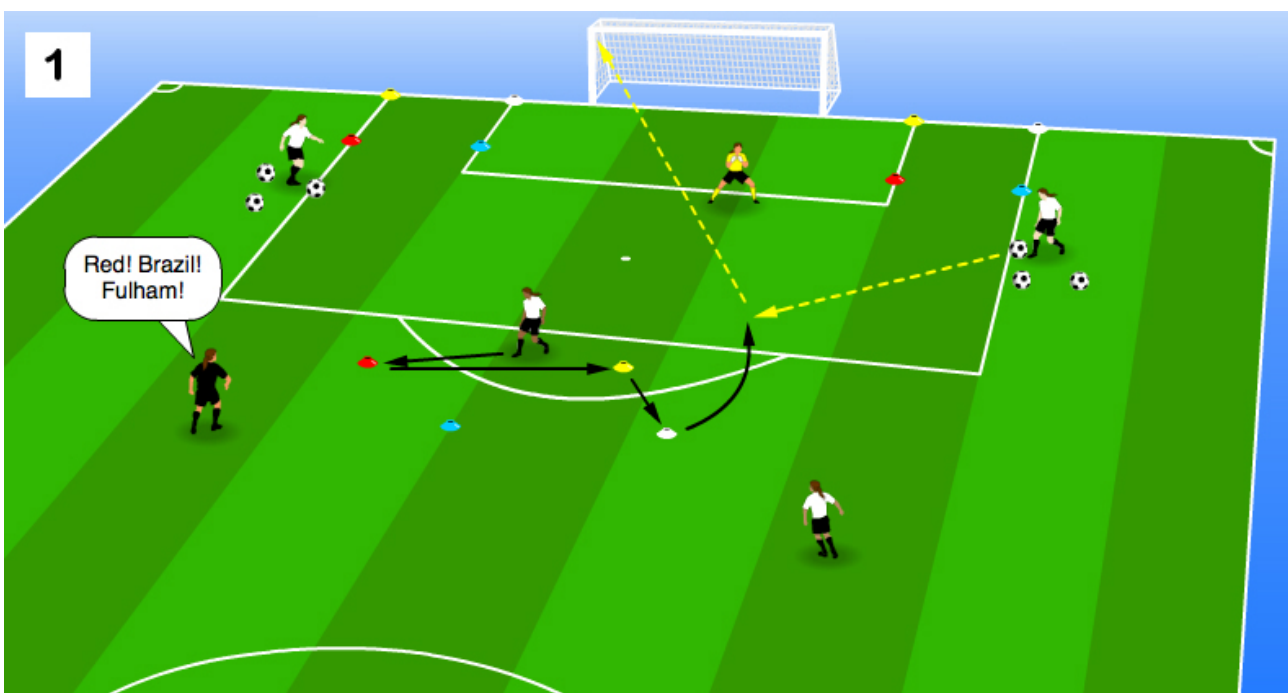
Session:	MENTAL AGILITY FINISHING GAME (Unopposed)		
Date:	-	Coach:	-
Duration:	30 mins	Equipment:	1 goal, balls, 4 different colours of cone
#Players:	6 - 12	Age Group:	U8 - U18+

Introduction

This practice is great fun for any age of player. It combines repetitive practicing of finishing technique with mental agility, multitasking and decision making. It's also a great way to get to know new players.

Setup

- one goal and a decent sized area in front of it a bit bigger than a standard penalty area
- 4 cones of different colours spread out around the edge of the penalty box.
- one goalkeeper in the goal. Can also put the same 4 colours of cone on each side of the 6 yard box for the goalkeeper to use (this is a progression and optional).
- one striker on the edge of the box in the middle of the 4 coloured cones. A second striker waiting to take their turn outside the playing area.
- two passers (one each side of the box) with plenty of footballs each.



Rules

- coach (or another player) shouts 3 cone colours out (ie "Red! Yellow! Blue")
- striker runs to touch each of those colours in that order as quickly as possible
- after the final cone, striker turns and a ball is played into them for a first time finish (adapt for ability level if necessary)
- either as they are running between the cones or before they receive the ball, they are asked a question (ie: "Liverpool or Man City?" or "What's your favourite food?" and they have to give an answer). Question can come from another player or the coach.
- if they fail to give an answer to the question or to touch the correct cones in the correct order, any goal they score doesn't count.

- switch the strikers. See who can score the most goals, then switch the pair of strikers with the 2 passers.
- make it competitive between the teams if you want.

NOTE: some players may be affected by an ability not to see colours in the same way the majority of your players do. Be aware of this and adapt the session accordingly - having them touch certain objects, shapes etc. may be better.



Progressions:

- get the players to ask each other questions or call out the colours rather than the coach doing it.
- change the colours to words that represent those colours (or mix it up) for example: "Yellow! Chelsea! Strawberries!"
- create 2 x sets of identical cones and have 2 players going at once. The one who shouts their answer to the question the loudest gets a bonus point if they score. You would also need 2 goals for this (and two goalkeepers preferably)
- change the type of finish they have to do (volley, first time, wrong foot etc.) or add in a one-two or even a defender they have to beat to score.
- give the goalkeeper an identical set of coloured cones to go to so it's a race to see who can get set first between the shooter and the 'keeper.
- make the session easier by starting with just the cones and not the questions.

You can adapt any session to involve these sorts of elements and mix up who asks the questions etc. It's also a great way of getting to know new players from their answers to the questions.

Key Coaching Points (FA's 4 Corners)	
<p>Technical</p> <ul style="list-style-type: none"> - Early shot when keeper is unbalanced. - Body shape when shooting (don't lean back) - Look up and pick your spot for your shot (where is the GK? Shot placement). Can you go right into the corners? - Shot type - from distance probably power (laces) or curled (instep). - Which surface of the foot are you using to strike the ball? - Weight and accuracy of passing from servers. 	<p>Psychological</p> <ul style="list-style-type: none"> - Communication from the servers to receive the ball where you want it - Decision making - type of shot - Confidence to try again if a shot is missed - Confidence to try things - different types of finish. - Competitiveness - how does the competition motivate the players? - Dealing with multiple things happening at once

<p>Physical</p> <ul style="list-style-type: none"> - Agility when receiving the ball and getting into shooting positions. - Balance when receiving the ball and shooting. - Speed and pace to get to the ball quickly. Effort levels with regard to that. - Fitness and energy to get between the cones quickly 	<p>Social</p> <ul style="list-style-type: none"> - Working as a team between the striker and servers - Encouraging others and not being negative - Getting to know your team mates via the Q&A - Communication - Have fun!
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Session Review For Improvement		
What Went Well	Even Better If	Change For Next Time