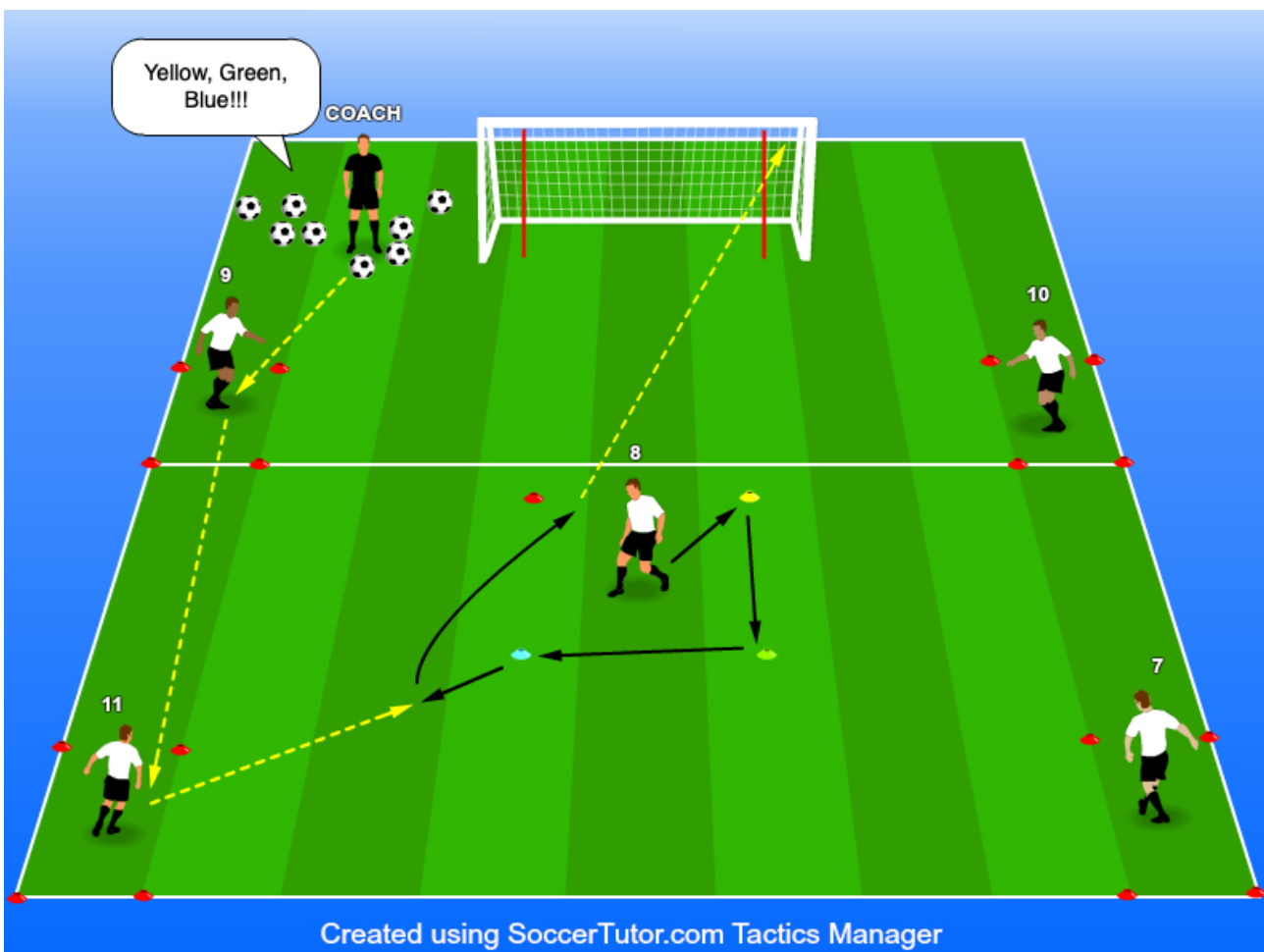


Session Summary

Session:	SOCIALLY DISTANCED TRAFFIC LIGHTS FINISHING PRACTICE		
Duration:	20 minutes	Equipment:	8 balls, 2 poles, 20 cones, 1 goal
#Players:	5	Age Group:	Any

Intro

- 4 coned-off zones in the corners of a 20 x 20 yard grid. One player in each zone.
- Another zone in the middle, marked out using 4 different coloured cones.
- Goal with poles 2 feet inside each post.
- Coach with 5 footballs.



Instructions

- Coach plays a ball to one of the 4 corner players and at the same time calls out a sequence of colours that correspond to the coloured cones in the central zone (in our example above, yellow, green, blue).
- The middle player runs as fast as they can to each of the coloured cones in the order the coach has called them out.
- At the same time, the corner players pass the ball between them.
- Once the middle player has reached their final cone, they turn toward the corner player who has the ball and call for a pass, which they receive, before driving through their central zone and shooting at goal from range.
- A goal is worth 1 point, a goal in the corner is worth 2 points, a goal off the woodwork is worth 3 points. 1 point for an assist.
- Repeat for each of the 5 balls.
- Once 5 shots have been taken, switch the middle player with one of the corner players and repeat until everyone has had a turn. Tot up the points and announce the winner!!

Coaching points:

- Passing empathy - where does your team mate want the ball? How hard should you pass to them?
- Movement of the middle player to receive the pass.
- Body shape when receiving the final pass and quality of first touch - how can you receive the ball to give yourself the best chance of driving to goal quickly and taking a shot.
- Awareness of which corner player has the ball so you can turn in the right direction after reaching the final cone.
- Communication between corner players and middle player.
- Work rate and energy.
- Shooting technique - striking the ball, type of finish, power and direction of shot.
- Corner players to stay on their toes.