



## THEME 21:

# SHOOTING IN AND AROUND PENALTY BOX

## PRACTICE 7: TECHNICAL PATTERN

AGE GROUP: 12+

Title	Date	Start Time	Duration	No. of Players	Area Size

## HOW TO COMBINE TO FINISH IN THE BOX



### ORGANISATION:

Practice 7 from theme 21 shooting around the penalty box, is a technical passing pattern to a finish. With 4 players actively involved in the combination, player 1 plays into player 2 who sets 1 to play the striker. The striker then sets player 4 and spins off to receive a return pass to finish.

Players move onto the next station, whilst the finishing player moves to perform a physical activity, whether quick feet with ladders or shuttle runs before preparing for next passing combination.

### KEY COACHING POINTS:

- Passing quality to maintain pace of practice
- Movement to be able to receive to finish on back foot
- Focus specifically on technique on physical activities
- Consistency with finishing technique



## PROGRESSIONS:

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## ADDITIONAL INFORMATION

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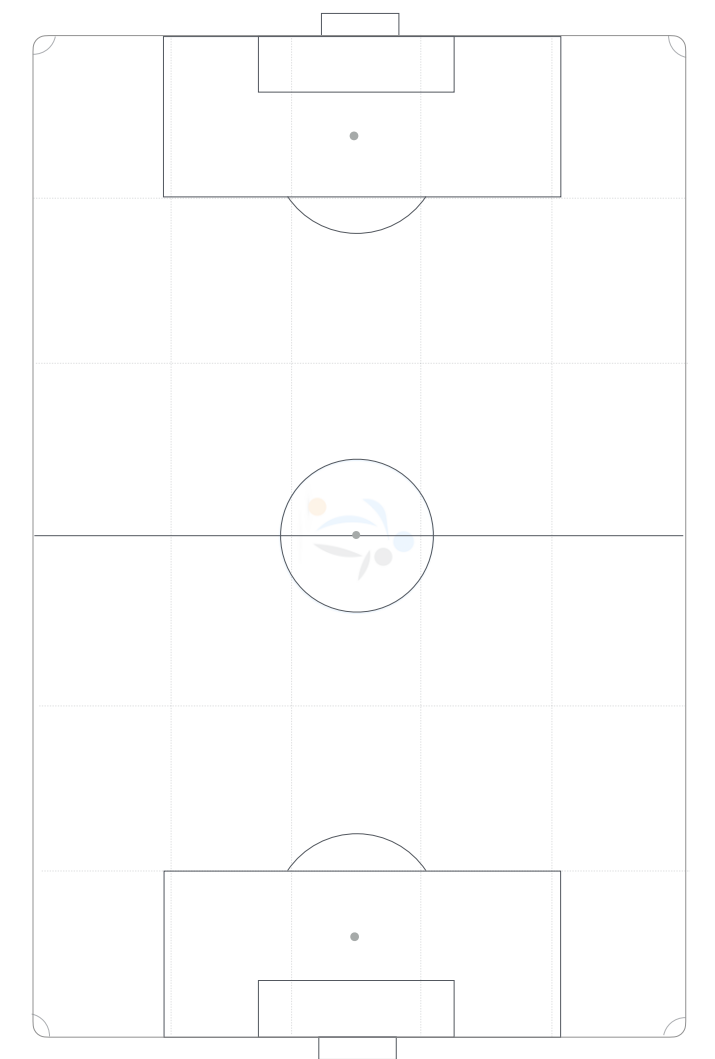
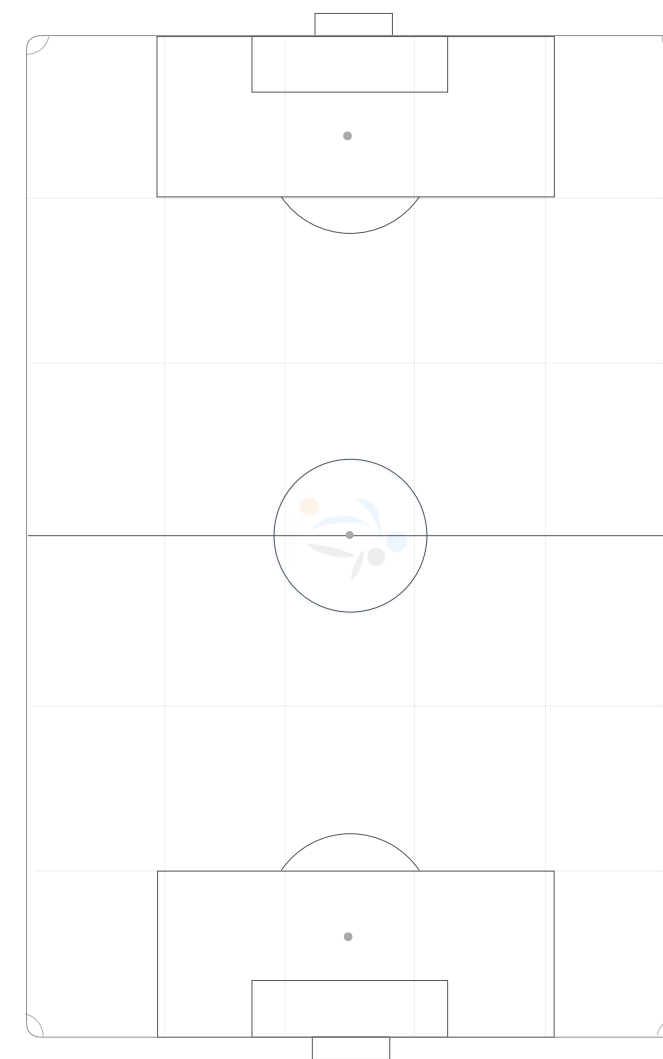
## PLAYER QUESTIONS:

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## ADDITIONAL INFORMATION:

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## COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

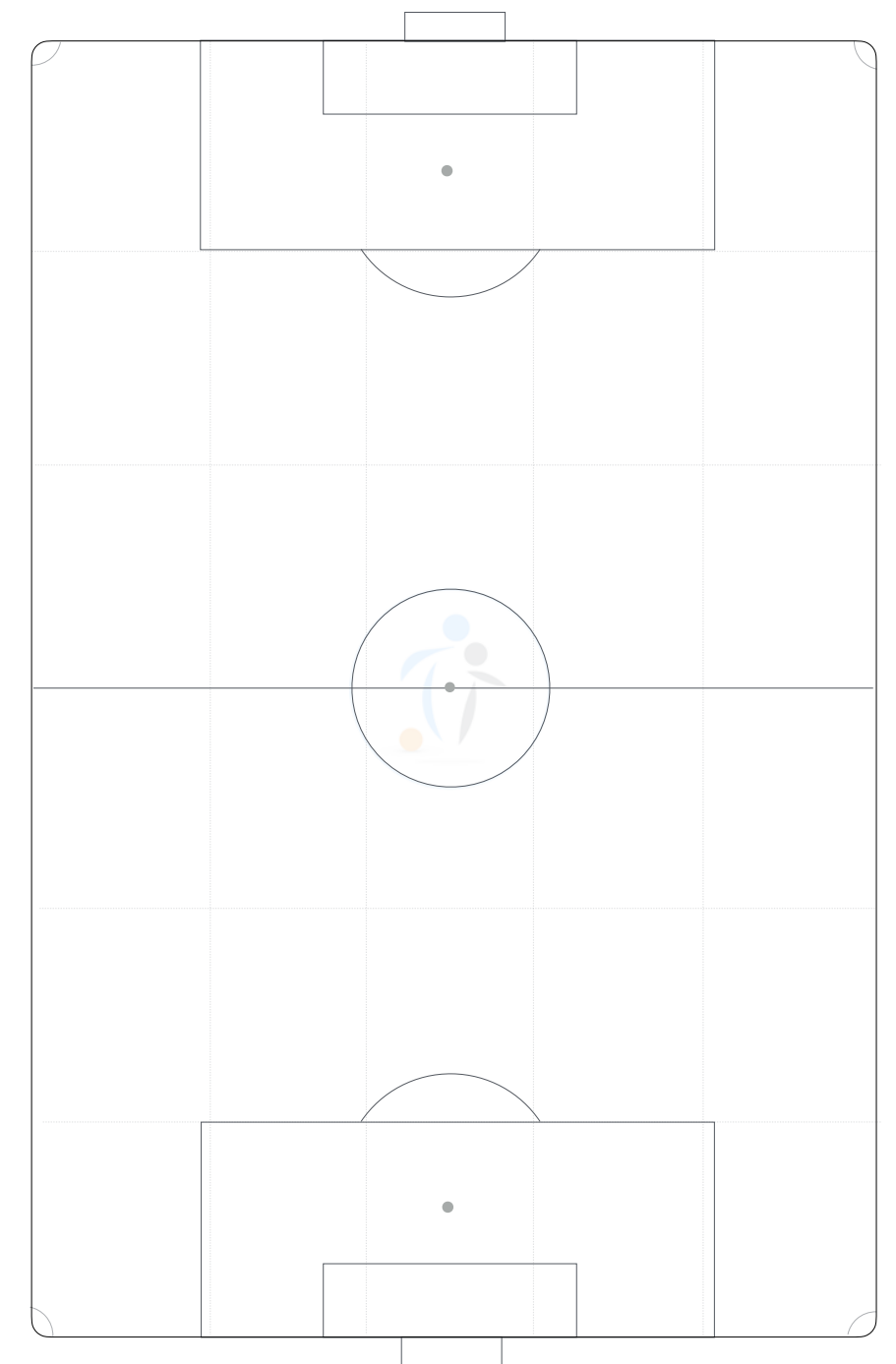
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?

