

PLAY AT HOME

PRACTICE 2

PRACTICE 2: CONTROL, MOVEMENT & FINISHING

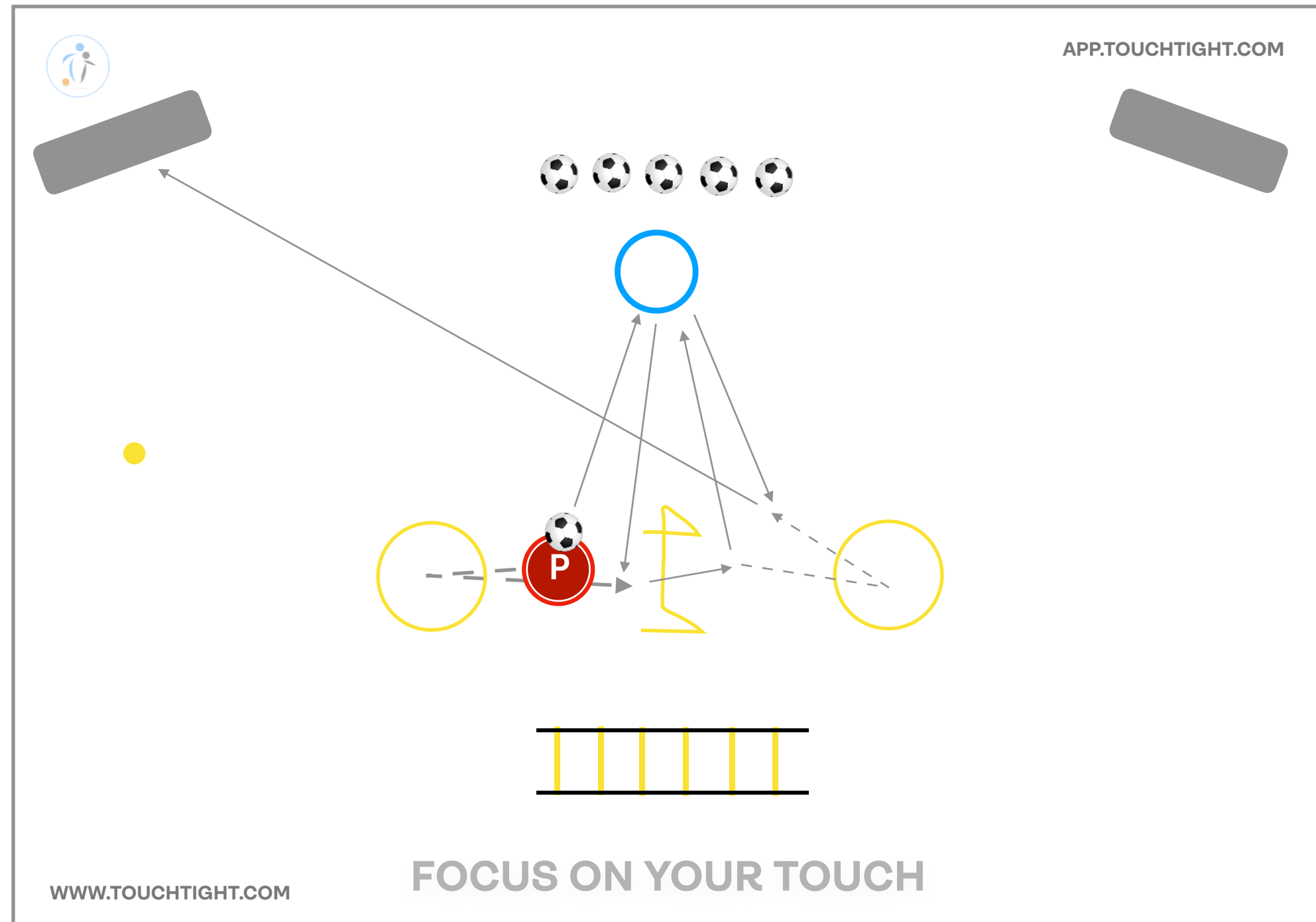
10 - ADULT

Duration: 20 Mins

Practice Area: 25 x 25 Yds

Number of Players: 1

Practice:



Organisation:

This 'Playing at Home' practice is focused on players control, lateral movement and quick feet together with finishing in and around goal.

You require a feeder to pass the ball to back and forth, 2 hoops to perform quick feet, a high hurdle to touch the ball through and finally 2 mini goals to finish into.

If you have ladders you can use this further progressions to develop further physical attributes.

Key Coaching Points:

1. Touch to move the ball well weighted through hurdle
2. Quick feet in hoops in between passes
3. Finishing quality to hit the target from at least 15 yards
4. Movement to adjust between stations (sideways, front And backwards)

Duration: 20 Mins

Practice Area: 25 x 25 Yds

Number of Players: 1

Progressions:

Movement outside to finish on one touch

To progress this, after our quick feet in the hoop the player must pull away to receive a pass with body shape open and finish on one touch.

Ladders for quick feet

We can introduce ladders here after a player takes their shot, to encourage various quick feet exercises in between sets. Example sets can include forward sprints (1 or 2 feet in each space), sideways same as previous or alternate movements either side of ladders.

Player Questions

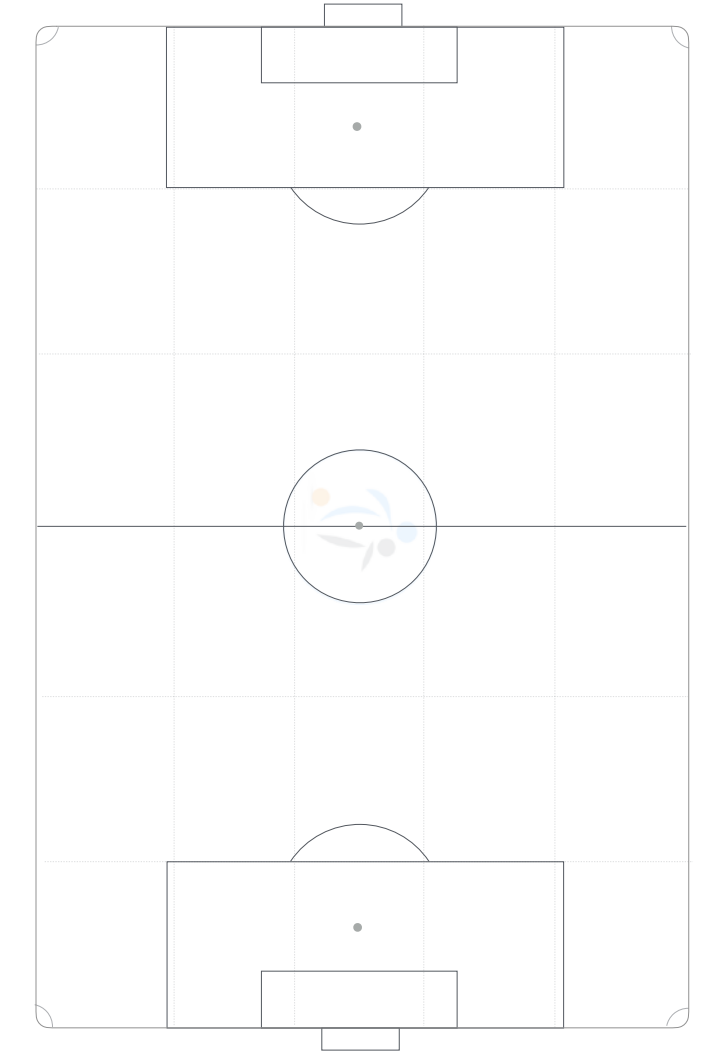
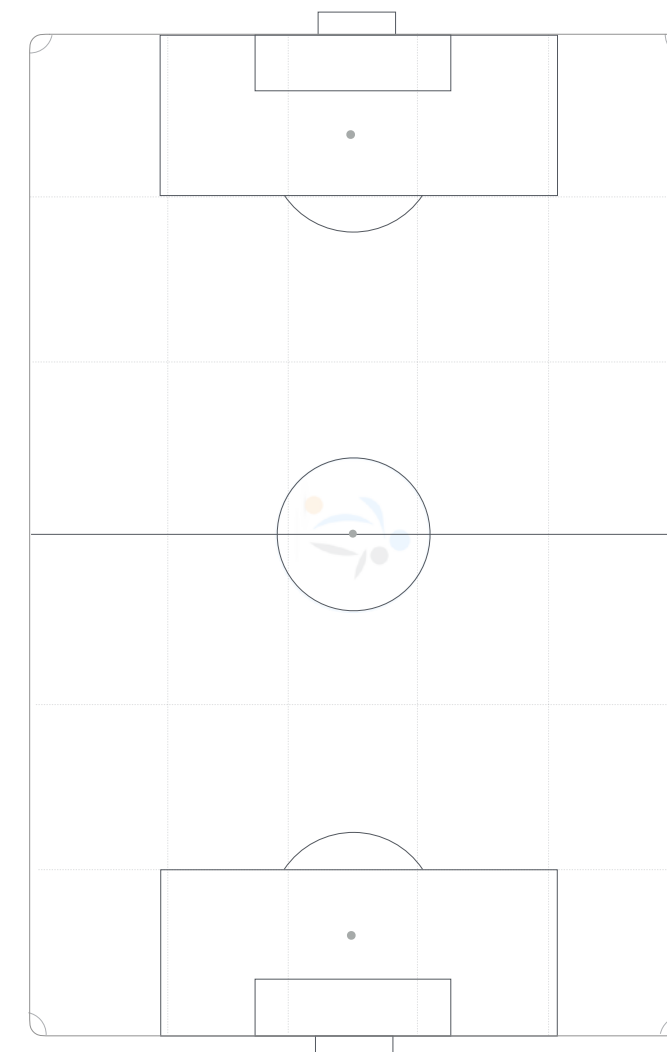
How do you change your. Movement in between each station and can you get quicker at each?

What is the difference b between your movement off the ball and on it and why?

How can you increase the challenge of this exercise to test your ability?

Additional Information:

Coach Plans



Session Date:

Team:

Coach:



Session Objective/s:

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

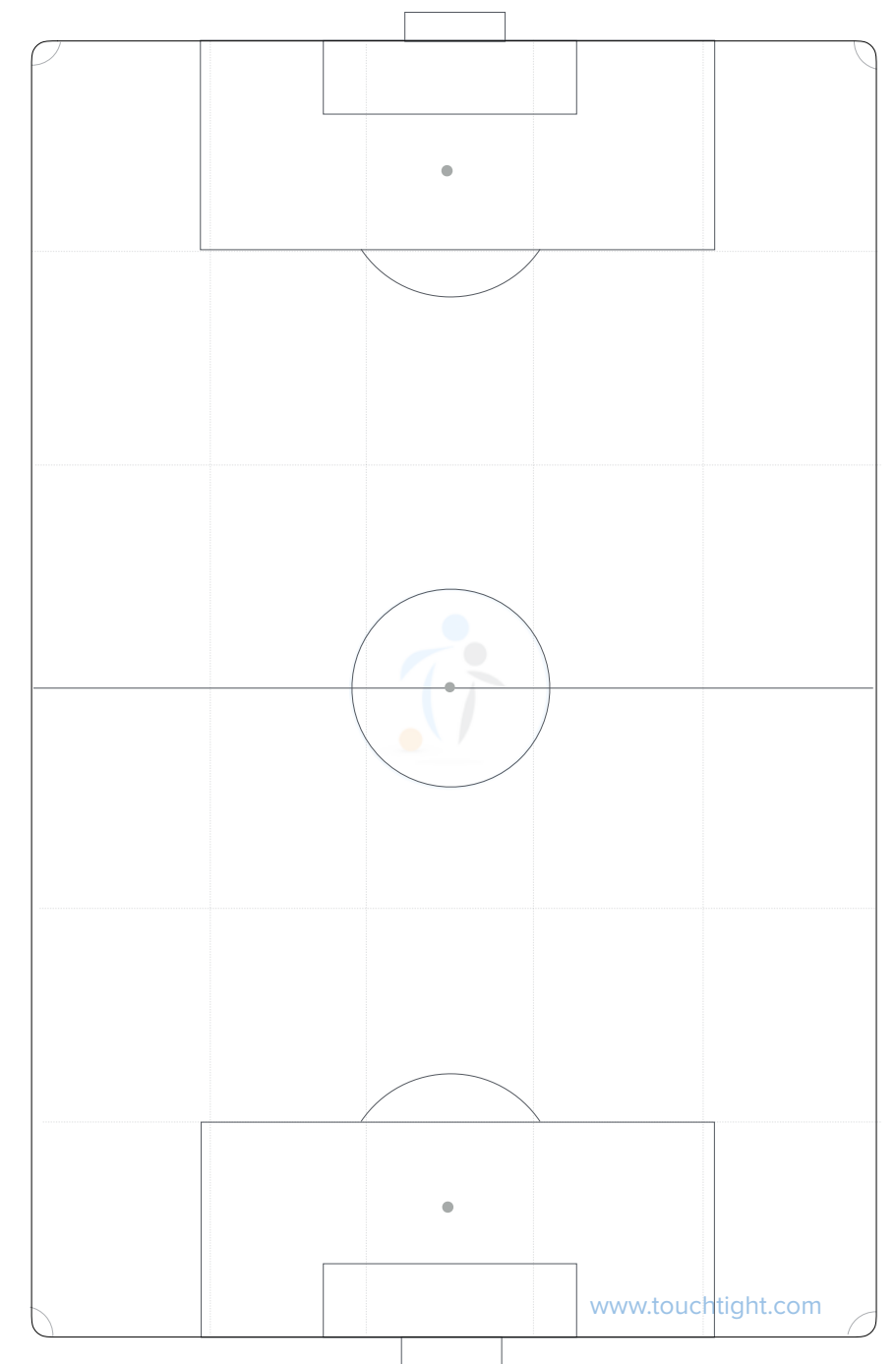
Player Trios initials	Objectives

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?





Detail all Individual player objectives for the session and provide an evaluation on progress made

Player	Objective 1	Objective 2	Objective 3	Evaluation