

**Title:** Moving To Finish

**Phase:** 2, Finish The Attack

**Age:** Foundation Phase

**Intensity:** Low

**Technical**

- Ball Mastery
- Turns & Skills
- Running with the ball

**Tactical**

- Safe Side Protect
- When to Attack - When to Keep
- Counter-Attacking

**Physical**

- Ball Protection
- Speed
- Balance

**Psychological**

- Decision Making
- Communication
- Organisation

**Area Size:** 15x20 Area

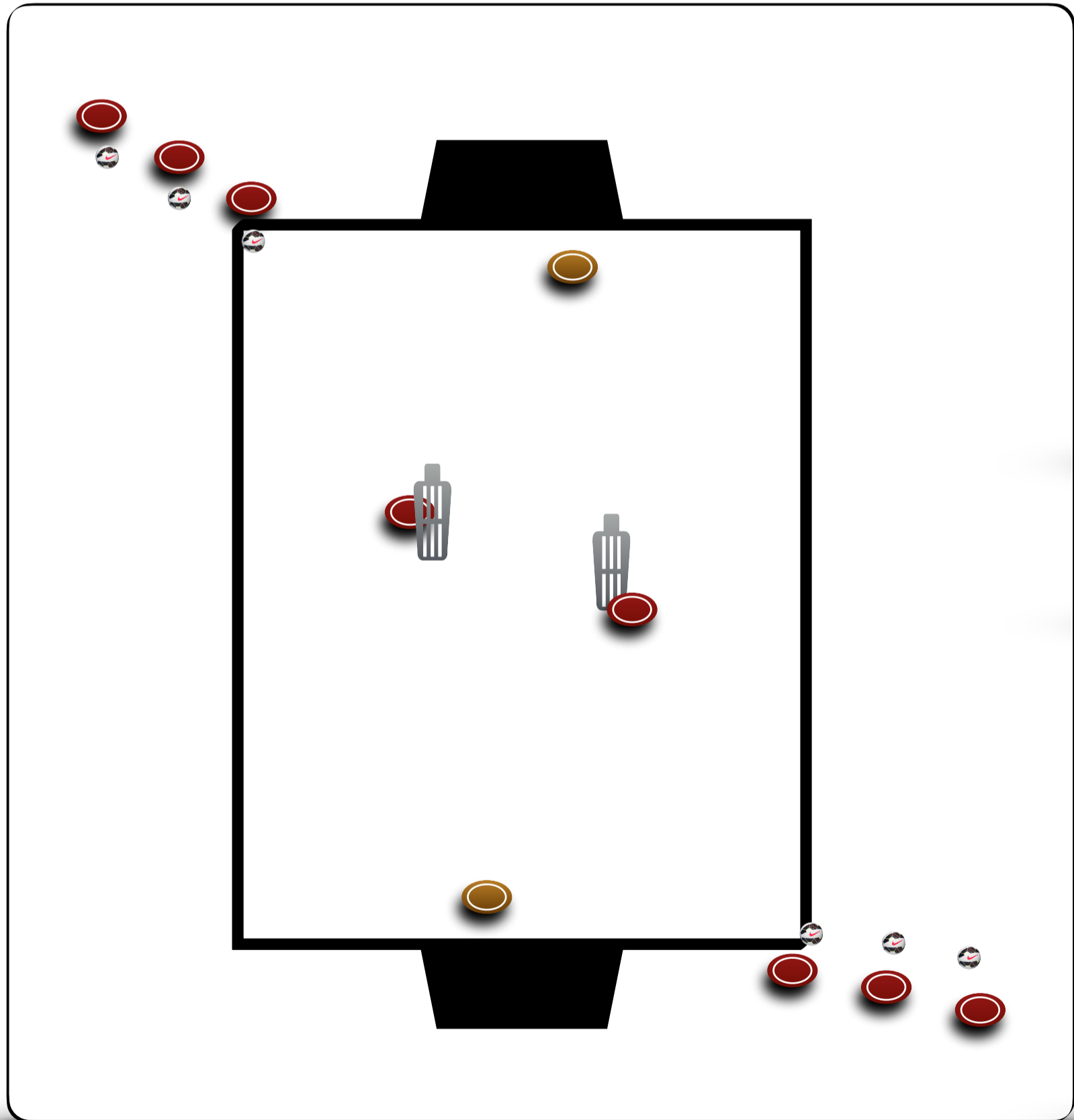
**Players:** 6 +

**Duration:** 16 Minutes

**Session**

**Set Up / Organisation**

**Key Coaching Points**



- 1) 15x20 Area,
- 2) Mannequins
- 3) Age Specific Goals

- 1) Finishing Under Pressure
- 2) Angled receiving and creative touches
- 3) Various of angled shooting opportunities

**Progressions**

**Player Challenges**

- 1) Receive outside
- 2) Receive Inside
- 3) Combination with second striker

- 1) Are you able to pull off and receive on the move?
- 2) Can you finish under pressure?
- 3) Are you able to combine with second striker under pressurised environments?

**Reflective Practice**

**What Went Well...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**What Needs Changing...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Future Considerations...**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

