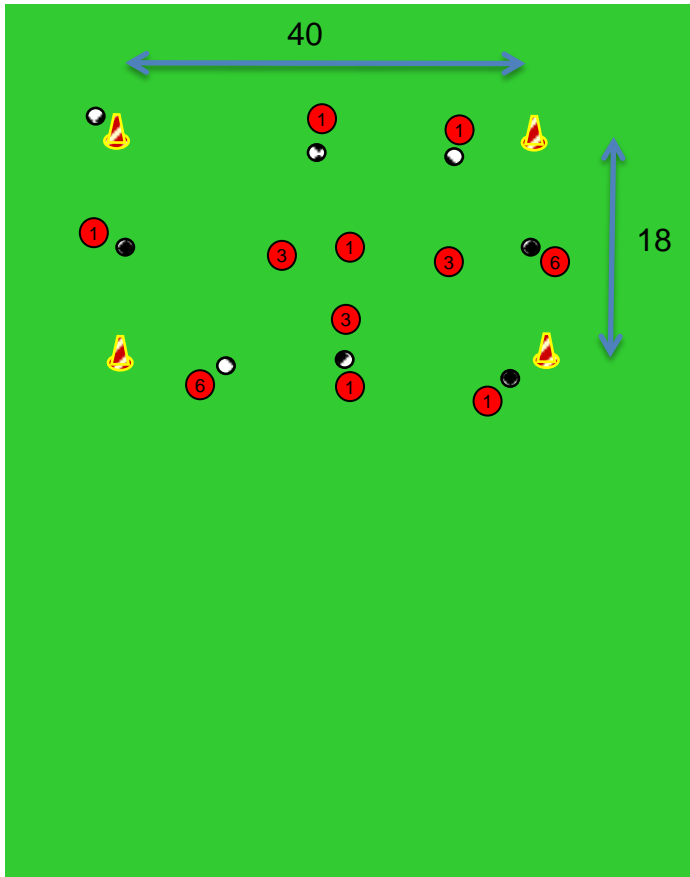


# Core Skill: STB

Session objective: *Improve players finishing when coming in and around the 18yd box*

## INTRODUCTION

Organisation Diagram:



Explanation:

Organization

- 20 players (inc. GK's). *Not all players shown in grid*
- 10 balls
- Started with Instep volleys, outstep volleys, headers
- Random passing both feet
- Long range passing both feet

Progression:

- Both sides of body

Concluding Competition:

Design your own competition

**INCLUDE AS OFTEN AS POSSIBLE:**

**AND AVOID !**

Decision-making

**Avoid: Too long waiting in lines**



Options

**Avoid: Non-stimulating exercises**



Communication

**Avoid: Over complicated exercises**



More than one action

**Avoid: Intensity too high, or intensity too low**



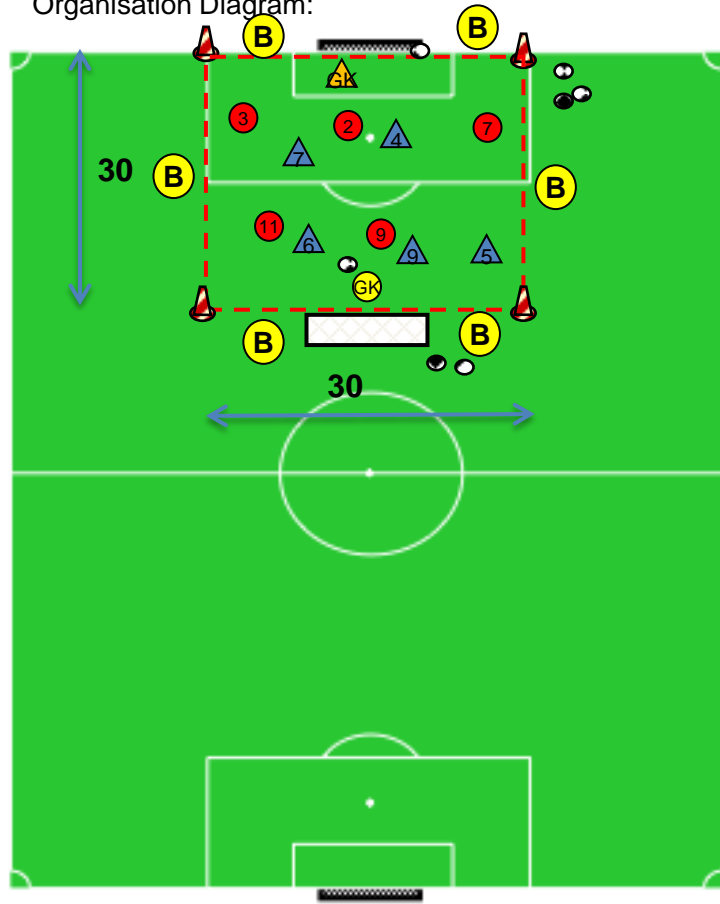
'Added extras' in 'dead time'





## Core Skill: First Touch – TRAINING GAME

### Organisation Diagram:



### Explanation:

#### Organization:

- 18 Players players. 3 teams of 6
- 6 v 6 + 6 Bouncers
- 1-3-2 formation
- All in
- Score = stay on.
- Team that Concedes become bouncers. Bouncers come in

#### Step Up:

- 2 Touch only
- Make field shallower

#### Step Down:

- Add Joker
- Make bigger

### Evaluation:

- Session Objective Achieved?:
- Next Steps?:
- Other Notes:

### Training Game

A game conducted at the end of a training session

A game conducted at the end of a training session giving the players the opportunity to PLAY FOOTBALL while applying the learning from the first two session components

Designed to allow the coach to assess how much 'teaching and learning' has taken place, related to the defined session objective