

## Practice Theme/Topic

Attacking the goal

### General Notes

Attacking habits

### Aims & Objectives

Players looking to attack quickly and make quick decisions

### Organisation & Setup

Have side by side games as numbers require

### Coaching Factors & Outcomes

Promote shoot first, dribble to space or pass to someone in a better position to score

### Adaptation & Progression

Time restrictions and continuous play applications help to increase repetitive practice

### Technical

N/A

### Physical

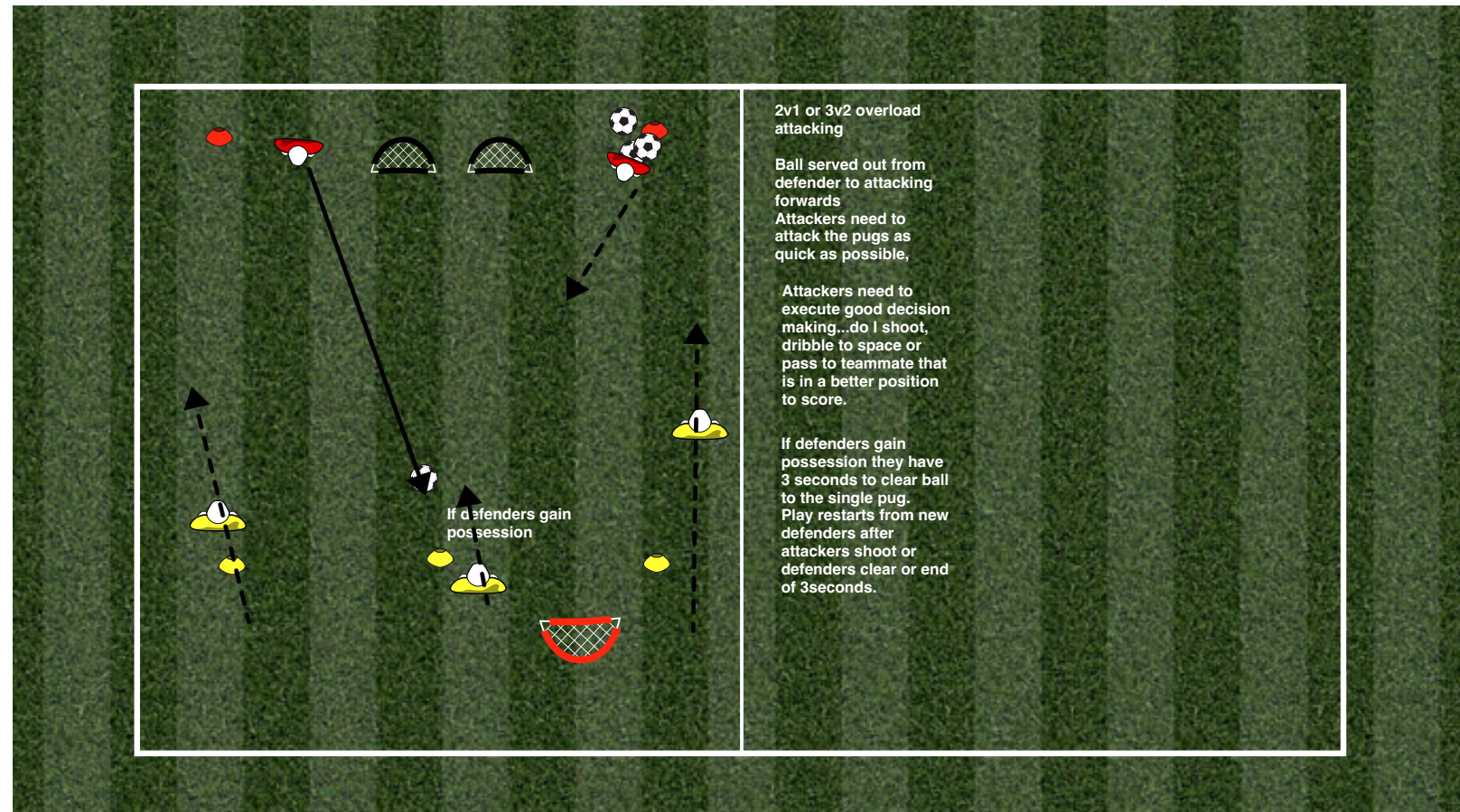
N/A

### Psychological

N/A

### Social

N/A



### Coaching Point #1

Sized by side games as numbers allow

### Coaching Point #2

Keep play within time constraints to promote continuous repetitive play

### Coaching Point #4

The practice is designed to allow players to move around a grid and to pass between teams mates, as this progresses, the practice becomes more challenging.

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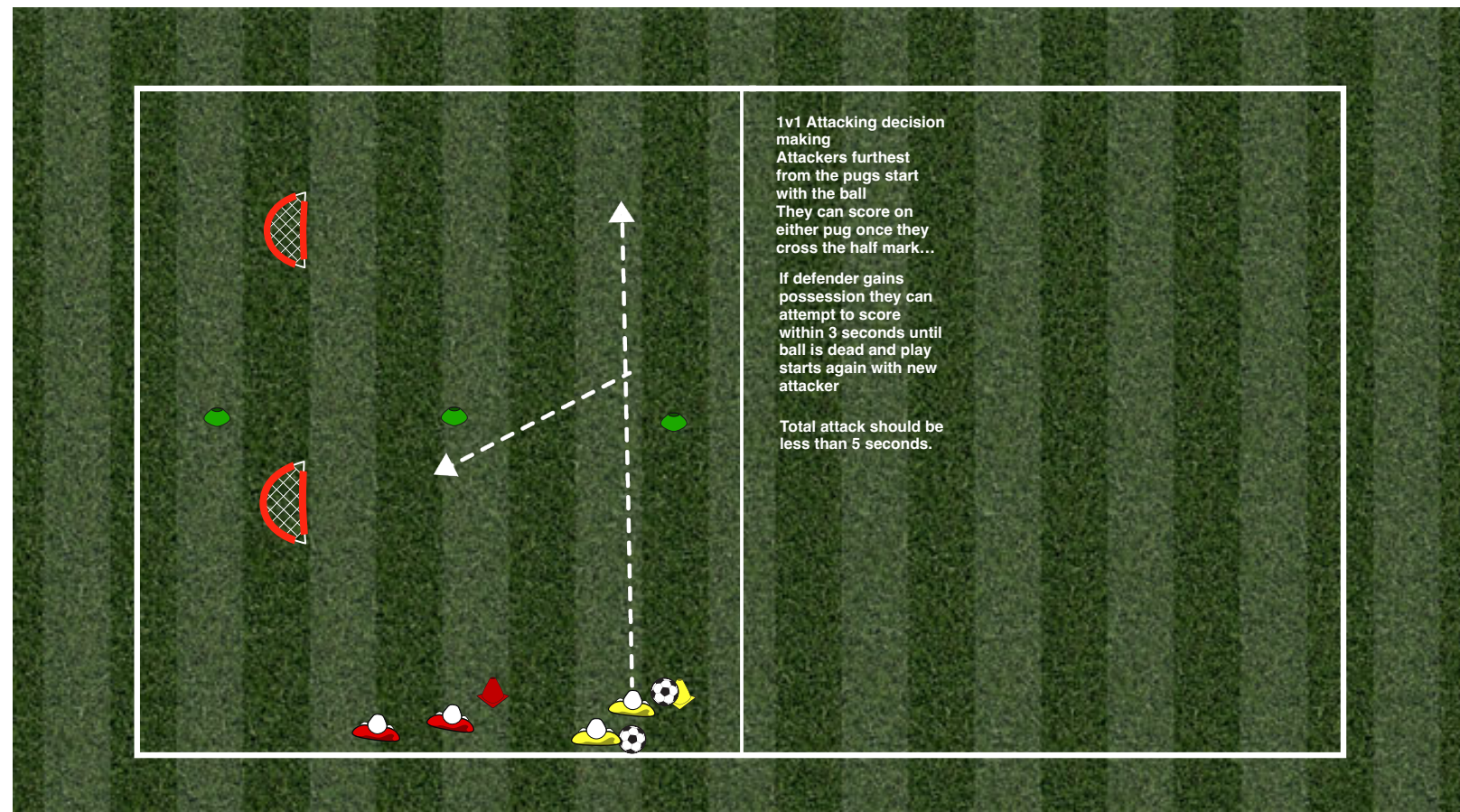
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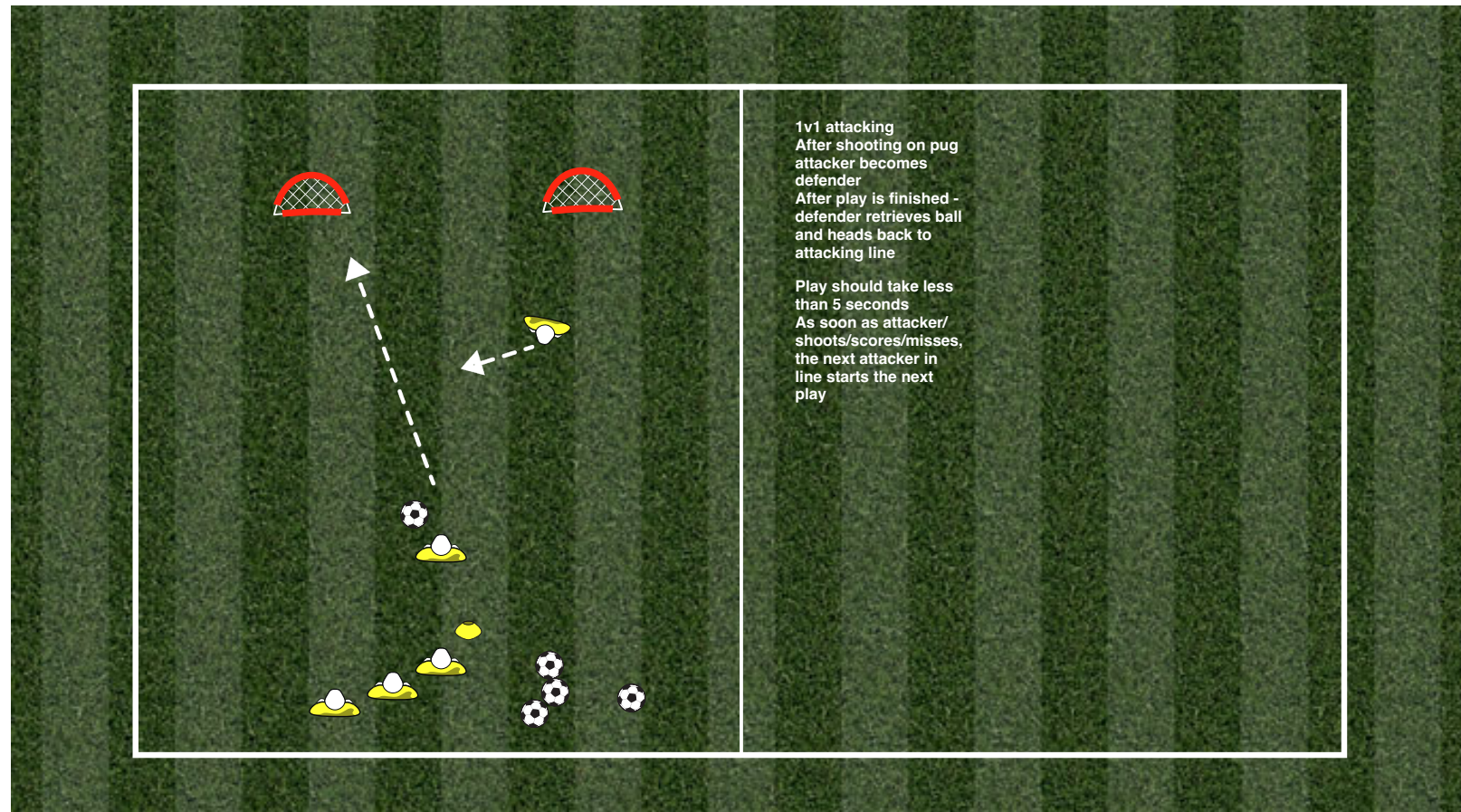
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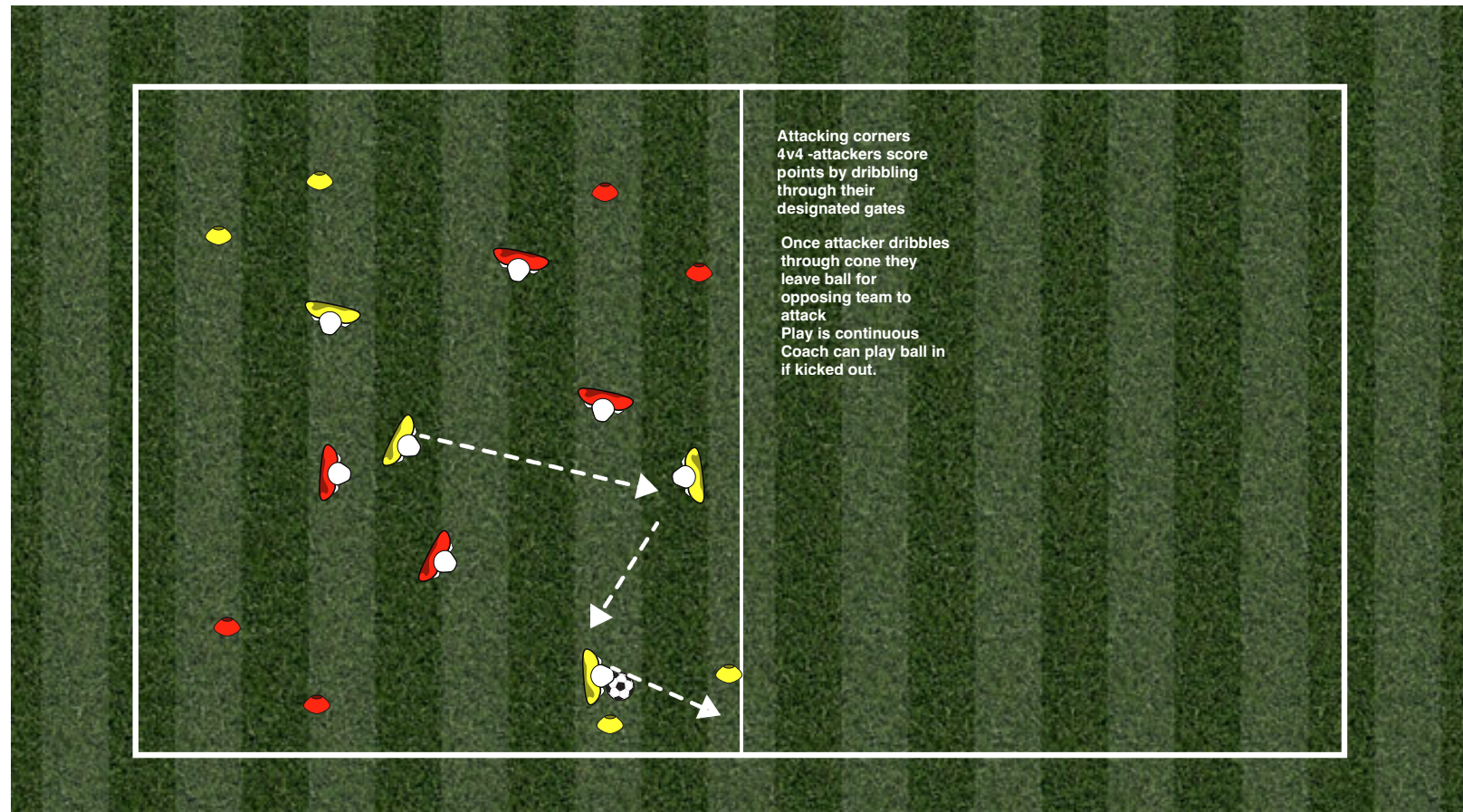
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