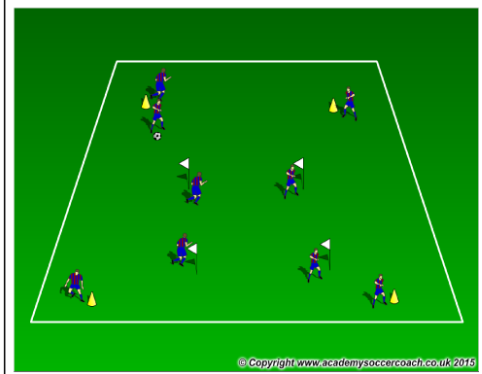


Interactive Session Plan™

| | | | | | |
|-------|---------------------|--------------|---------------|----------------|------------|
| Coach | Dick Bate | Session date | March 5, 2016 | Team/Age Group | U17s |
| Theme | Developing Strikers | | | Time available | 50 minutes |



NOTES

Individual Movement patterns for attacking players.
 Agility, acceleration factors.
 Bio-mechanics involved in movements.
 Convert to scoring practice.

Different "runs" made by central attackers.
 Timing and athletic factors involved in the movements.
 Use of feint movements when appropriate.
 Develop into scoring practice.

Operating as a lone "attacker".
 Positioning and timely movement.
 Criteria for attacking the back of defenders.
 Support and finishing skills from other attacking players.
 Role when defending.

Additional Notes / Key Coaching Points