

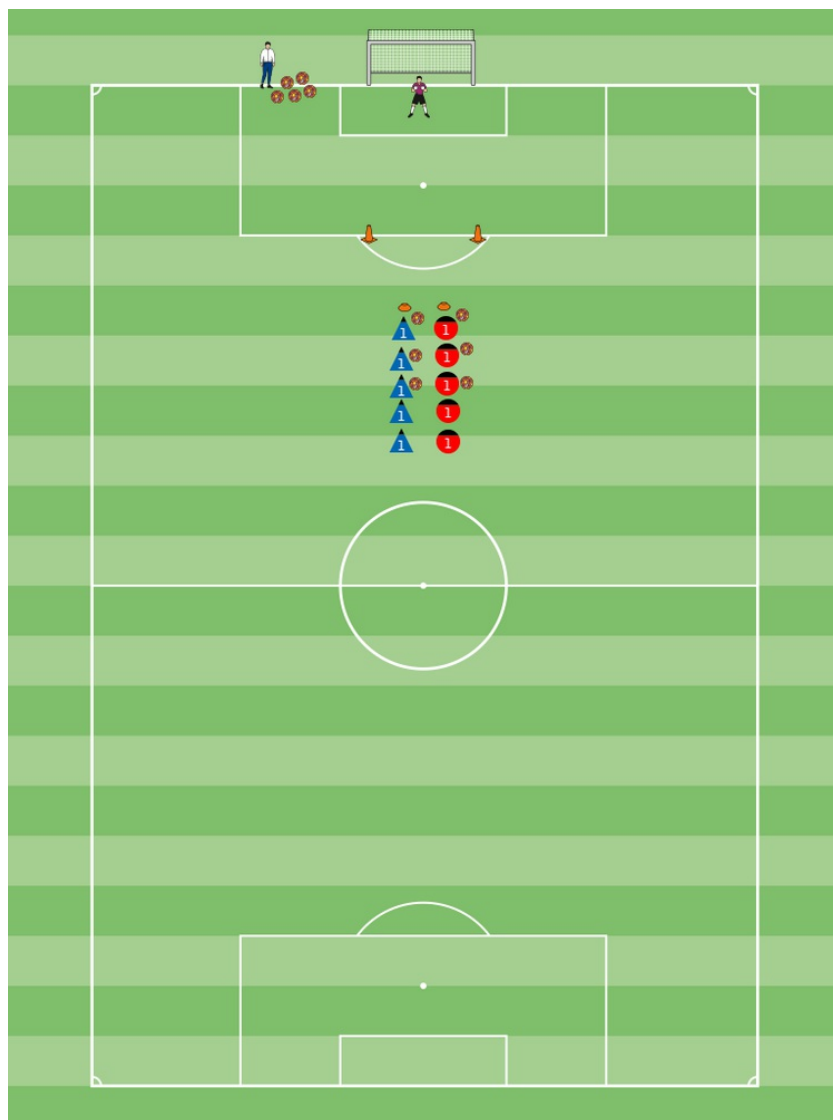


## Power/Finesse

OBJECTIVE: Improve the individual player's ability to score

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



### ORGANIZATION:

Two teams divided at cones A and B. Half of the balls are with the players at these cones, the other half are with the coach next to the goal. The first player in line A dribbles and must shoot before crossing the cones at the top of the box. Make or miss the player continues running toward goal. The coach serves a second ball to the player who must shoot with his/her first touch. If the player scores 1 of the 2 shots they get to stay in and return back to their line. If the player misses both shots they are out. Players who are out can earn re-entry by catching a missed shot out of the air. If a player scores BOTH shots the next player must score BOTH shots or they are out. This continues until a player does not score both shots. Once someone has been eliminated the game returns to the same pattern of scoring 1 to stay in. The first team to have all their players eliminated loses.

### KEY WORDS:

### GUIDED QUESTIONS:

### ANSWERS:

### NOTES:

### ⌚ TEAM FUNCTION:

Attacking

### 👤 AGE:

U10 / U16

### 👤 PLAYERS:

5 vs 5

### ⌚ DURATION:

13:0 min (2 x 6:0 min, 1:0 min rest)

### ⌚ INTENSITY:

Extremely Light