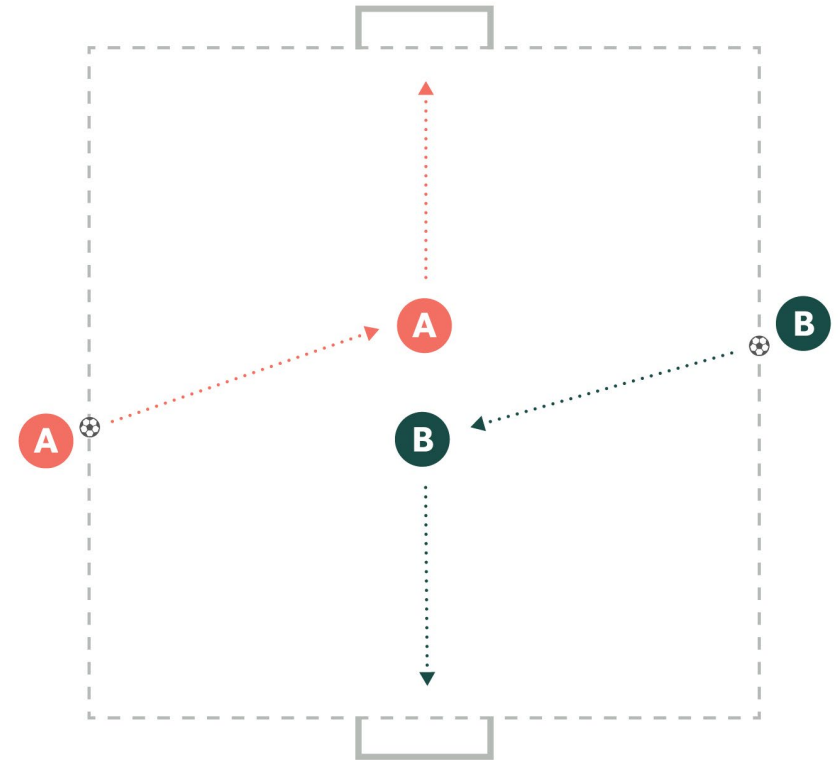


SKILL INTRO

15 Minutes

STRIKING
FINISHING

- 2 areas (20m x 30m)
- A starts by passing to the central A
- A then takes a positive first touch toward goal
- Finish after using one touch
- Add defender between goal and attacker
- Take a positive first touch to a position to get a shot on goal
- Use force on your planting foot to generate more power
- Use the laces to finish with power



NEWCASTLE PERMANENT SKILL OF THE WEEK



SKILL TRAINING

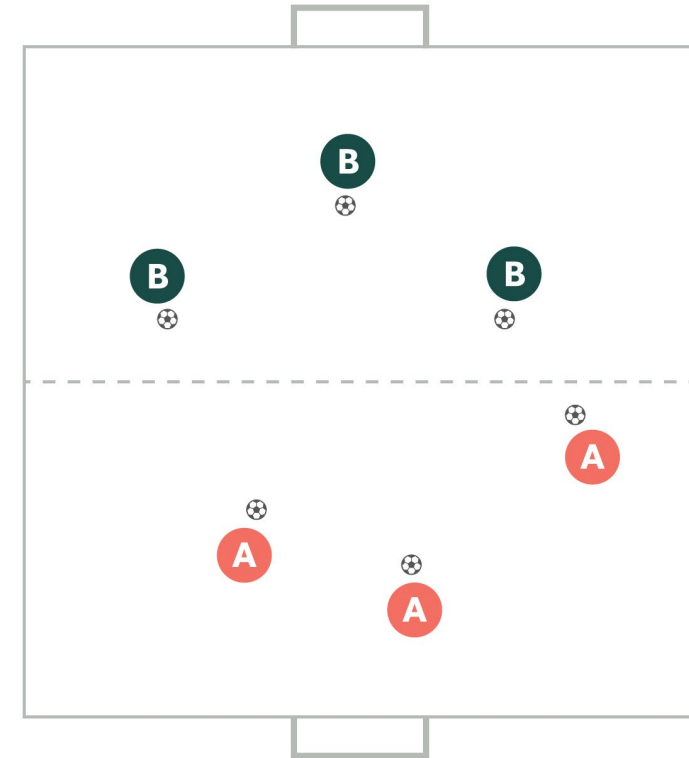
20 Minutes

STRIKING

FINISHING

- 2 areas (20m x 30m)
- Recognised halfway line
- 3 x 6 minute games
- All players start with their own ball
- To score players must shoot from their own half
- If players miss, they must retrieve their ball and place it at the goal of the opposition before returning to their half
- Players can block opposition shots on goal provided they remain always in their own half
- Team with most goals at the end of 6 mins wins

- Include points from Skill Intro
- Touch out of feet to strike the ball



NEWCASTLE PERMANENT SKILL OF THE WEEK



SKILL GAME

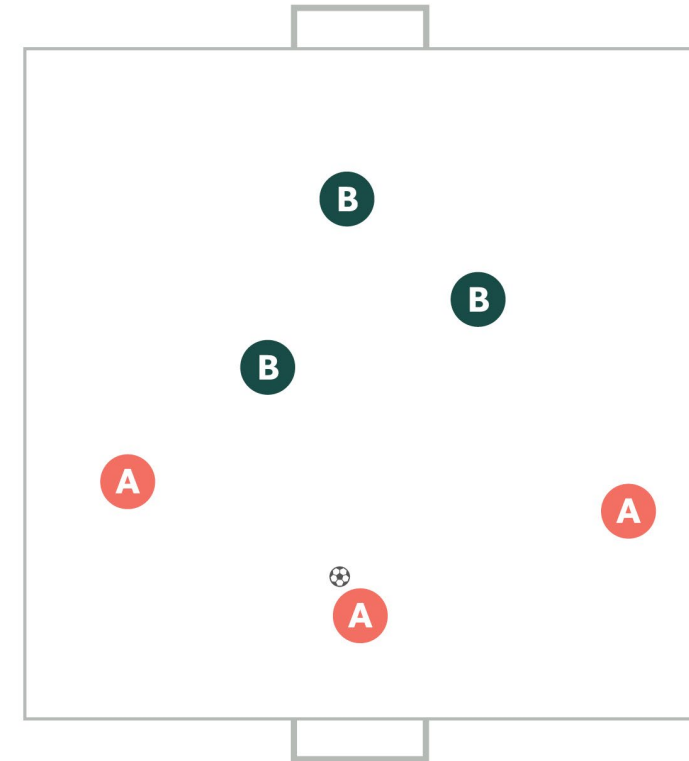
25 Minutes

STRIKING

FINISHING

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- **Simple 3v3**
- **Team with the highest score at the end of 8 mins wins**

- Can we see a change in behaviour when we finish?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you score with power using your laces



NEWCASTLE PERMANENT SKILL OF THE WEEK

