



NAME: Bsc Portland Clinic

DATE: 8-28-11

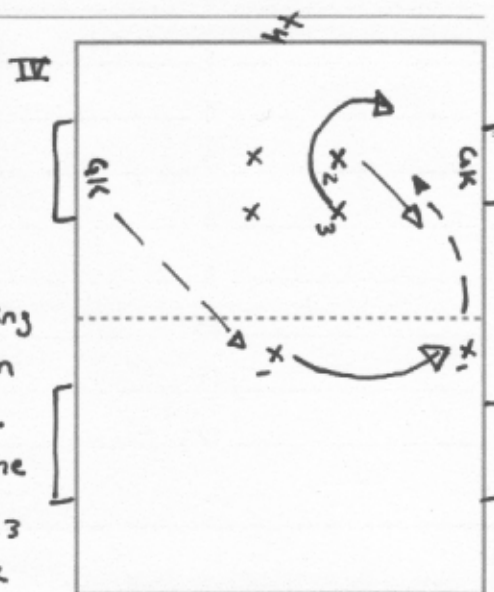
TOPIC: Shooting # 2

SESSION OBJECTIVE: _____

EQUIPMENT NEEDS

OUTLINE / COACHING POINTS: _____

IV Activity 2: Wide Player Crossing
 Ball starts with GK thrown or punted out wide to X₁.
 X₁ takes the ball down line and crosses for X₂ and X₃
 Both sides going at the same time.



Progression - Add defender.

Wide players must overlap or wall pass.

V Activity 3: 2 v 2 + 2 wide
 Yellow versus Blue plus 2 wide crossers.

Progression - Extra point
 1 touch finish



VI Open Play 4 Goals

Coaching Points:

- 1) Change the point of attack
- 2) Quality crosses
- 3) Attack open space quickly