



SESSION 6 • STANDALONE PLAN

Beating Your Player and Finishing

One against one • Reference format: U12 9v9 • 60 minutes • 14–16 players

AT A GLANCE

TIME	MINS	PHASE	PRACTICE
0:00 – 0:10	10	■ Warm-up	6.1 The Laces Grid
0:10 – 0:25	15	■ Technical practice	6.2 1v1 to Goal
0:25 – 0:40	15	■ Skill game	6.3 Finish the Duel
0:40 – 0:55	15	■ Conditioned match	6.4 Box Finish Match
0:55 – 1:00	5	■ Reflection	Player-led review

USING THIS SESSION

This is a standalone plan. It does not depend on any other session in the set and can be run whenever it is useful to you — as a one-off, out of order, or repeated. Nothing here assumes the players did something last week.

U12 nine-a-side is the reference format, not the audience. The session is written at 9v9 because something has to be, and the phone index adapts it to the other four Irish FA formats — pick your team at the top of it and this session will tell you whether to run it as printed, scale it, adapt it, or leave it for another age.

Scaling up, and down as far as 7v7, is a matter of numbers. Keep roughly the same space per player: to 7v7 that is about a fifth smaller with a player off each team, to 5v5 about a third. **For eleven-a-side** add ten to fifteen metres to the length of the bigger practices and put the extra players in as outside players or a second team, never in a queue.

Below U10 it is not just a matter of size, because the game itself is different. There is no offside, no throw-in — restarts are a dribble or a pass in — no referee, and no league result. At U8–U9 the technical practice usually wants shortening or dropping. At U6–U7 there are no goalkeepers at all and the four-phase hour is the wrong shape entirely. The Formats tab in the phone index has the rules for each stage.

WHY THIS SESSION MATTERS

Session 5 teaches the squad to beat a defender. Tonight they learn what happens next, because a duel that ends in a scuffed shot has produced nothing. Finishing is the most under-taught technique in youth football and the most emotionally loaded: every player remembers the ones they missed. It is also perfectly learnable. There are only two finishes an Under-12 needs — the driven shot through the middle of the ball with the laces, and the placed side-foot across the goalkeeper — and the whole skill is choosing the right one and then keeping the head still. Tonight also does something the squad needs psychologically. Session 5 asked players to risk losing the ball. Session 6 pays them for it, because the duel now ends in a shot at a real goal with a real goalkeeper. Beat your player, score, and the willingness to try becomes self-sustaining.

BY THE END, PLAYERS CAN

- **Strike through the middle of the ball with the laces**, head steady, non-kicking foot alongside.
- **Place the ball across the goalkeeper with the inside foot** when accuracy matters more than power.

- **Choose between the two** based on the distance, the angle and where the keeper is.
- **Finish immediately after a duel**, while the defender is still recovering rather than after they've got back.
- **Shoot without hesitation** — and treat a miss as information rather than as failure.

KIT LIST

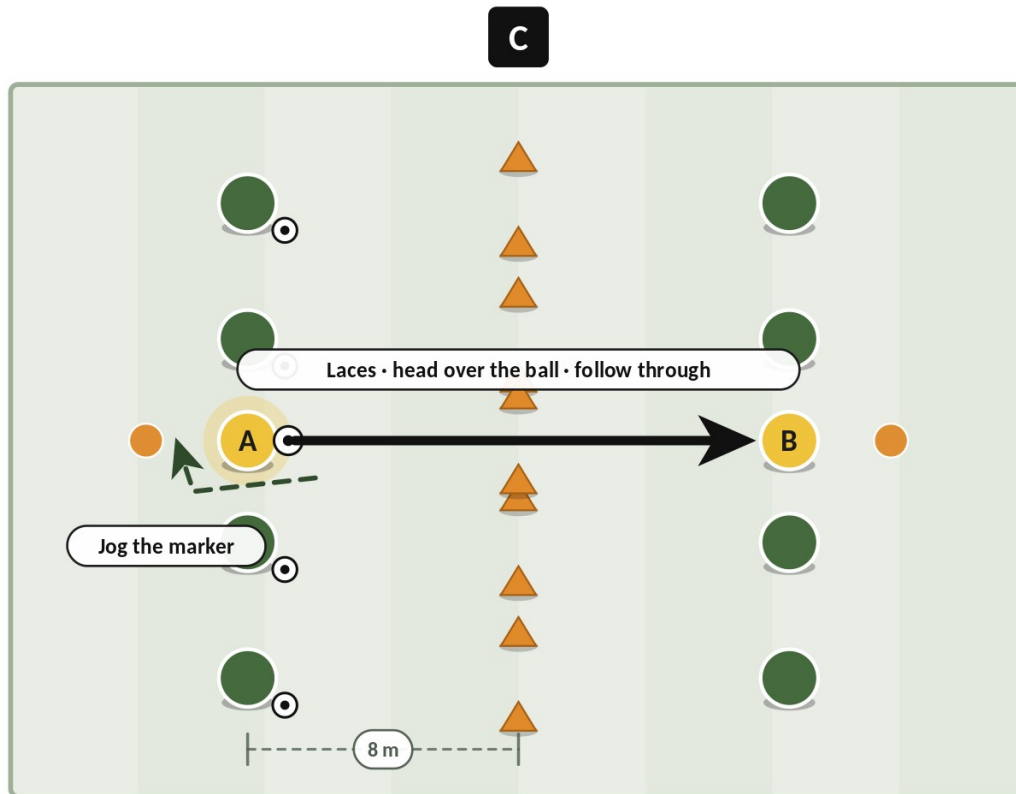
Ground needed: about 60 × 45 m, arranged around your two full-size goals — everything after the warm-up happens in front of a real goal with a real goalkeeper, which is the point. Collect every ball you own; a finishing session with six footballs is a queueing session.

ITEM	QTY	USED IN
Footballs (size 4)	16	All practices — you need plenty tonight
Flat markers	50	Grid gates, shooting zones, scoring areas
Cones (tall)	12	Strike gates (6.1)
Bibs — red / blue / yellow	8 / 8 / 3	6.2, 6.3, 6.4
Full-size goals	2	6.2, 6.3 and 6.4 — all three use them
Goalkeeper gloves	2 pairs	If available. Rotate keepers through the session

6.1 THE LACES GRID

Get the striking technique into the legs before anyone is asked to score. Pairs face each other across a line of gates and drive the ball through — same action as a shot, no goalkeeper, no pressure, and no chance of an embarrassing miss.

30 x 21 m • pairs facing across a line of 2.5 m gates • strike, jog, repeat • 10 minutes



STRIKE THROUGH THE MIDDLE OF THE BALL • ALTERNATE FEET EVERY GO



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SET UP

- 30 × 21 m area with a line of **2.5 m gates** down the middle, spaced 3–4 m apart. One gate per pair.
- Pairs face each other 8 m either side of their gate, one ball between them.
- A single marker 3 m behind each player to jog around between strikes — this keeps the practice moving and warms the legs.
- With 14–16 players, make some groups of three: striker, receiver, and one jogging the marker. They rotate every strike.
- Coach walking the line of gates.

HOW IT RUNS

- Minutes 0–3 — arrival.** Greet each player by name, ball each, free dribbling and juggling. **Collect the Session 5 homework** — *which move did you own? Show me one.*
- Minute 3 — pair up on the gates.** *Pass firmly through your gate along the ground. Inside foot. Ten each.* This is the accuracy baseline.

3. **Minute 5 — switch to the laces.** *Now strike it. Laces, head over the ball, follow through towards your partner.* Demonstrate once, 20 seconds. Ball must stay below knee height.
4. **Minute 7 — add the movement.** After every strike, both players jog around their marker and back before the next one. Now the technique has to survive a moving start.
5. **Minutes 8–10 — alternate feet.** Every second strike with the weaker foot. Expect it to be poor, say so before it happens, and count the successes rather than the failures.

RULES & SCORING

- **Below knee height at all times.** A strike that flies over the partner's head doesn't count, however satisfying.
- The ball must pass through the gate, not around it.
- Jog the marker between every strike from minute 7.
- Alternate feet from minute 8.
- Any ball that leaves the area is retrieved by the player who struck it — immediately, at a jog.

COACHING POINTS — THE FOUR CORNERS

Technical	Non-kicking foot alongside the ball, pointing at the target. Head down and still through contact — the single biggest cause of a bad strike at U12 is the head lifting early. Strike through the middle of the ball with the laces, toe pointed down, ankle locked. Follow through towards the target and land on the kicking foot.
Tactical	Not yet — this is deliberate technical repetition. The decisions come in 6.2.
Physical	The jog between strikes provides the movement preparation. Striking with the laces demands hip flexor and quad readiness, so keep the first four minutes at low intensity.
Psychological	Nobody can miss here. That is the entire point of doing it before the goal appears — the technique is built somewhere it cannot embarrass anyone.
Social	Partners give one piece of feedback each round: <i>too high, too soft, or perfect</i> . Three words, no more.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Head coming up before contact — the ball balloons over the gate	Do not say 'head down'. Say: <i>Watch your foot hit the ball. Tell me which bit of your boot touched it.</i> The head stays down because the task requires it.
Toe-poking — no follow-through, ball skidding sideways	<i>Point your toe down and finish with your laces facing your partner.</i> One cue, then let them work.
Non-kicking foot too far behind — the strike goes high every time	Put a marker where the standing foot should land. Physical beats verbal.
Leaning back on contact	<i>Get your chest over the ball.</i> If it persists, move the pair 2 m closer — leaning back is usually an attempt to generate distance.
Weak foot avoided by turning the body to get the strong foot to the ball	Make it a counted target: <i>Ten with the left. I'll count them with you.</i>

ASK THEM

- Where should your standing foot be when you strike it?
- What happens to the ball when your head comes up early?
- Which part of your boot did you hit it with?
- What's the difference between a pass and a strike?

- How do you keep it low?
- Which foot feels better, and what exactly is different about the other one?

ADJUST IT

HARDER	EASIER
Move the pairs to 12 m apart , demanding a cleaner strike.	Move to 6 m apart and widen the gates to 4 m.
One-touch strike from the partner's pass — no controlling touch.	Stationary ball — strike from a dead ball rather than a rolling one.
Weak foot only for two full minutes.	Inside foot allowed for players struggling to keep it low.
Narrow the gates to 1.5 m.	Drop the jogging so the technique gets full attention.

IT'S WORKING WHEN

Balls travelling **below knee height** through the gates.

Non-kicking foot landing alongside the ball, pointing at the target.

Heads staying down through contact.

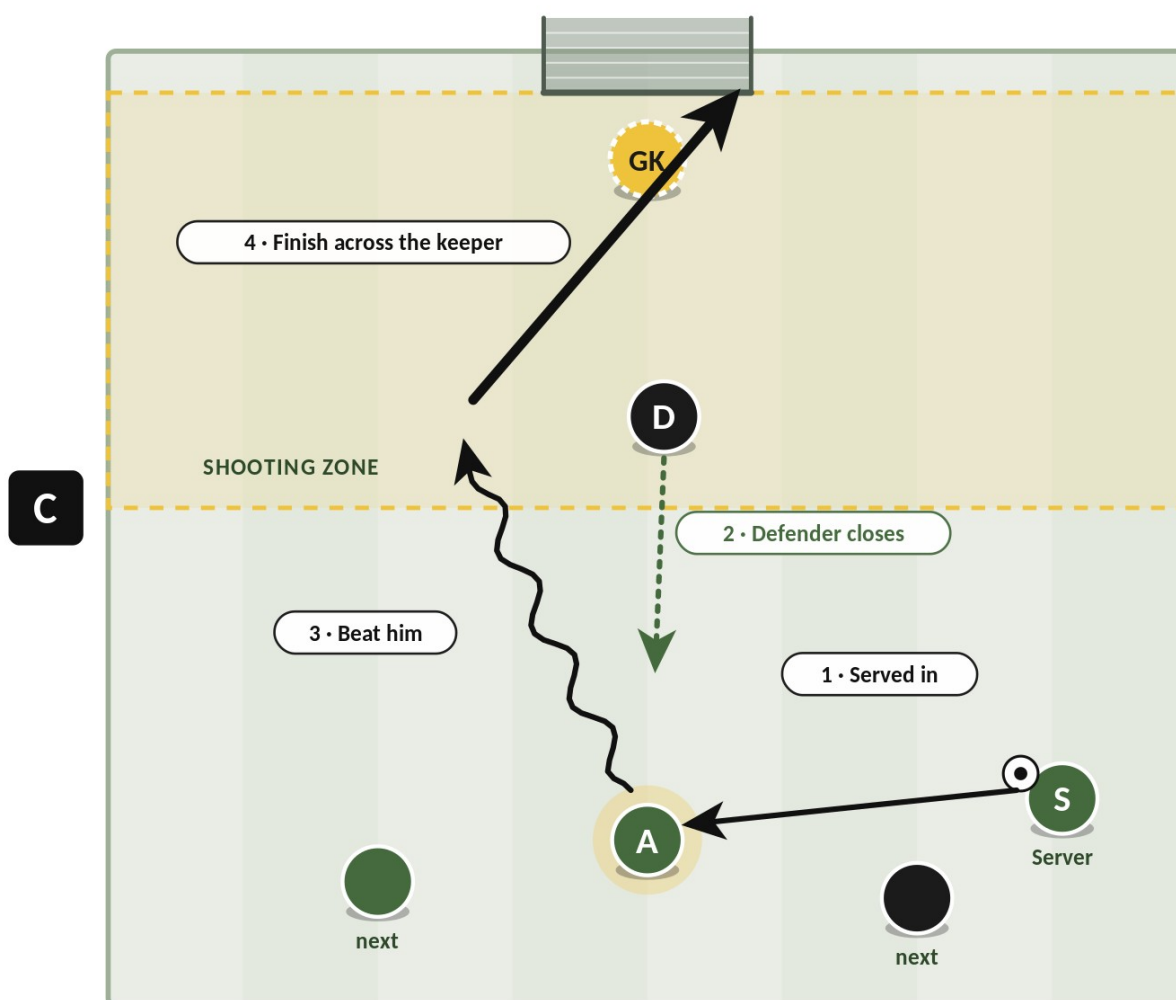
Weak-foot strikes being attempted without being nagged.

The action looking like a shot rather than a pass by minute 10.

6.2 1v1 TO GOAL

Attach the finish to the duel. Same 1v1 as in **Session 5**, but now there is a real goal, a real goalkeeper and a shooting zone — so the attacker must beat their player AND get the shot away before the defender recovers.

26 x 22 m • goalkeeper in a full-size goal • 6–8 players per station • 15 minutes



ROTATION: attacker → defender • defender → server • server → attacking line



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SET UP

- One station at each full-size goal — 26 × 22 m, using the goal and the space in front of it.
- A **shooting zone** marked 10 m from the goal line: shots must be taken from inside it, which stops speculative long-range efforts.
- Per station: goalkeeper, server standing wide with the balls, attacker, defender, and two players waiting. Six to eight per station.
- **Balls stacked with the server**, not with the coach — a finishing practice must never wait for a ball.

- Coach positioned to the side of the shooting zone where you can see the strike, not behind the goal.

HOW IT RUNS

1. **Set the picture in 30 seconds.** Server plays it in, defender comes to stop you, get past him and finish from inside the zone.
2. **Minutes 0–4 — passive defender.** Every attacker gets past and gets a shot away. This is confidence-building, and it also lets you coach the strike rather than the duel.
3. **Minute 4 — one freeze, twenty seconds.** Show two finishes: one blasted at the keeper, one placed across into the far corner. Ask which one the keeper found harder and why.
4. **Minutes 4–11 — live.** The defender may tackle and may recover. The attacker now has roughly two seconds between beating them and shooting.
5. **Minutes 11–15 — score it properly.** Keep team scores across both stations. Announce the running total occasionally.
6. **Rotation:** attacker → defender → server → back of the attacking line. **Rotate the goalkeeper every four minutes** — every player should keep goal at some point in the block.

RULES & SCORING

- **Shots only from inside the shooting zone.**
- **1 point** for a goal. **2 points** if the attacker beat the defender first. **1 point to the defender** for winning the ball or forcing the shot from outside the zone.
- Rebounds are live for three seconds — this teaches following in the shot without turning the practice into a scramble.
- The server must serve firmly along the ground; a bad serve wastes the repetition.
- Ball out or goal scored: next pair goes immediately. Never wait.

COACHING POINTS — THE FOUR CORNERS

Technical	Choose early: driven with the laces when the keeper is close and the angle is tight; placed with the inside foot across the keeper when there is time. Head still through contact. Take the shot on the touch that comes out of the beat — not one touch later.
Tactical	Shoot across the goalkeeper towards the far post: a save pushes the ball back into danger and a miss stays in play. Look at the keeper's position before the final touch. The best time to shoot is while the defender is still turning.
Physical	Repeated maximal 10–15 m efforts finishing with a strike. Roughly one repetition every 30 seconds per player, which is a substantial load — the passive first four minutes matter.
Psychological	Misses are public here, and that is the whole difficulty. Respond to every miss identically and briefly: <i>good decision, next one</i> . Never analyse a miss in front of the group.
Social	Waiting players are banned from commenting on misses. State this once, clearly, at the start. Enforce it immediately if it happens.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Shooting straight at the keeper — every shot down the middle	<i>Where was the keeper? Where was the space? Then set a target: Next one, across him.</i>
Taking one touch too many — the defender recovers and blocks it	<i>You were past him. When was the shot on? Then run it again and ask them to shoot earlier.</i>
Blasting everything with maximum power and no accuracy	<i>Which is more likely to go in — hard, or in the corner? Try placing the next one.</i>
Head up before contact — the ball goes over the	Same cue as the warm-up: <i>Watch your foot hit it.</i>

WHAT YOU'LL SEE	WHAT TO DO
bar	
Hesitating and not shooting at all	This is fear, not technique. Reduce the stakes: put the defender passive for that player and let them score three in a row before going live again.
Goalkeeper being blasted at from two metres	Move the shooting zone back to 12 m and remind the group. Nobody develops if the keeper is frightened.

ASK THEM

- Where was the keeper standing before you shot?
- Did you place it or hit it? Which was right for that situation?
- When was the earliest you could have shot?
- Why do we aim across the keeper rather than at the near post?
- What did your head do just before contact?
- Keepers — which shots were hardest to save? Why?
- Defenders — what stopped you getting back in time?
- How many goals did you get? How many shots? What does that tell you?

ADJUST IT

HARDER	EASIER
Two-second limit from beating the defender to striking.	Passive defender throughout for individual players.
Recovering defender starts closer, so the shot must come almost instantly.	Move the shooting zone in to 8 m so success rates rise.
Weak foot finishes only for one round.	Remove the goalkeeper for two minutes and shoot into an empty goal — sometimes a player just needs to see the ball go in.
Move the shooting zone back to 14 m , demanding a cleaner strike.	Serve the ball ahead of the attacker so they run onto it already past the defender.

IT'S WORKING WHEN

Shots taken from inside the zone rather than snatched early.

More finishes going **across** the keeper than straight at them.

The shot arriving on the touch that comes out of the duel.

Weak-foot finishes attempted.

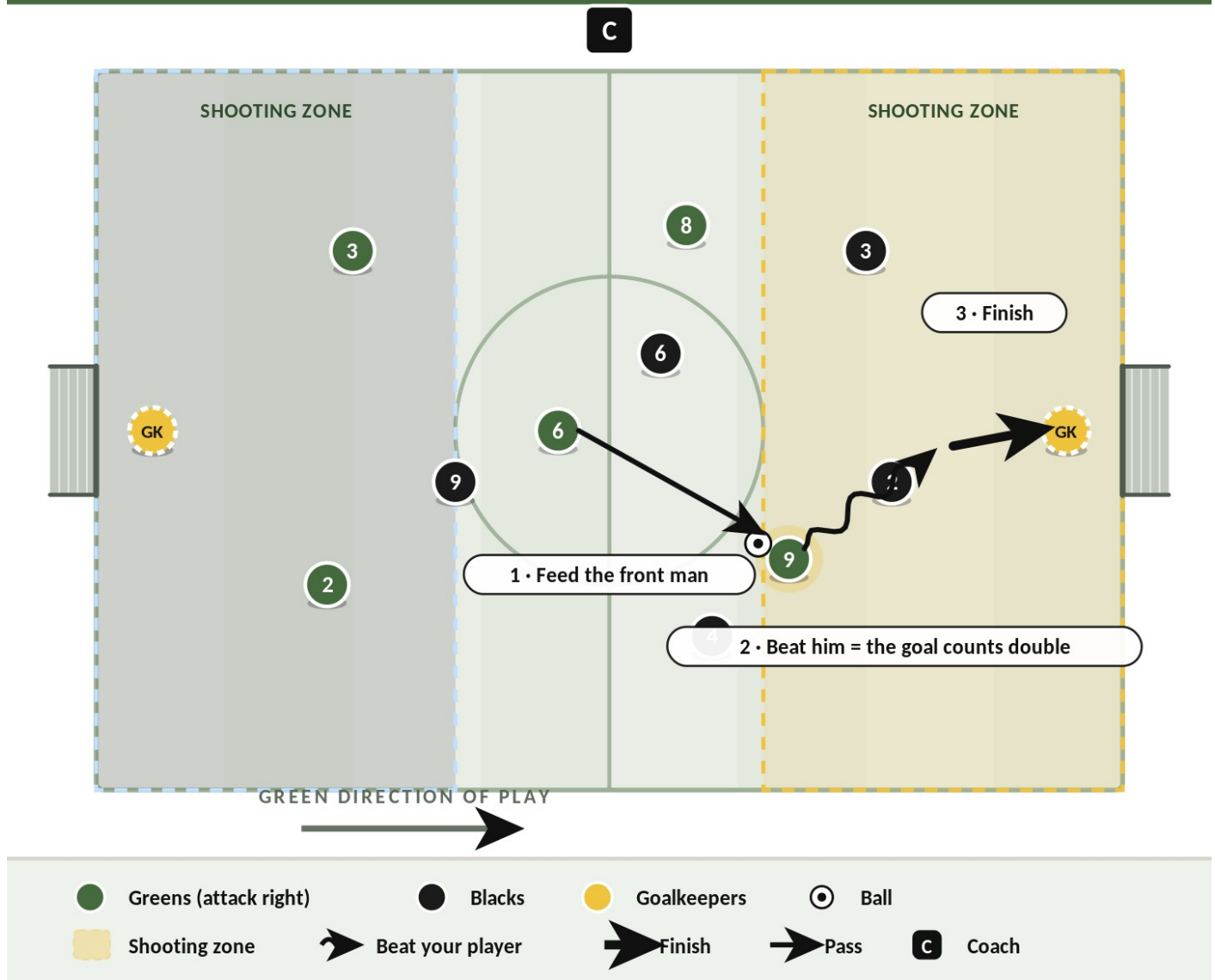
No visible reaction to a miss — from the shooter, the queue or the coach.

Goals per attempt rising between the passive phase and the end.

6.3 FINISH THE DUEL (5 v 5 + GKs)

The duel and the finish inside a competitive game, using both full-size goals and both goalkeepers. Shooting zones stop the game becoming a long-range shooting contest and pull the duels into the areas where they matter.

40 x 28 m • full-size goals • shots from inside the 14 m zone only • 15 minutes



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SET UP

- One pitch, 40 × 28 m, using both full-size goals with a goalkeeper in each.
- A **shooting zone** marked 14 m from each goal line — shots only count from inside it.
- 5 v 5 outfield plus two goalkeepers (12 players). **With 14–16, use rolling substitutes changing every two minutes** — call the changes yourself so nobody has to ask.
- Spare balls behind each goal so restarts are instant.
- Coach on the halfway line, outside the pitch.

HOW IT RUNS

- 1. Teams and keepers set in 30 seconds.** Keep the same teams from the technical stations if you can.

2. **Explain in 20 seconds:** *Shots from inside the zone only. Normal goal is 1. A goal after somebody's beaten their player is worth 2. Go.*
3. **Minutes 0–4 — let it run.** Watch whether the duels appear naturally or whether the team plays around them.
4. **Minute 4 — 45 seconds, one question:** *Where's the easiest place on this pitch to beat someone? Where's the hardest?* Restart.
5. **Minutes 5–11 — add the third scoring level:** a goal scored by the player who beat their opponent is worth 3.
6. **Minutes 11–15 — rolling subs continue, scoring stays.** Call the total out loud every couple of minutes; the running score is what drives the behaviour.

RULES & SCORING

- **Shots only from inside the shooting zone.** A goal from outside doesn't count and play restarts with the keeper.
- **Goal = 1. Goal after a duel = 2. Goal scored BY the player who won the duel = 3.**
- Rolling subs every two minutes when the squad is 14 or more. **Nobody sits for longer than two minutes.**
- Keeper restarts within five seconds. Throw-ins may be taken as pass-ins.
- No stoppages. Coaching happens during substitutions, in a sentence.

COACHING POINTS — THE FOUR CORNERS

Technical	Same two finishes as the technical practice, now under fatigue and pressure. First touch out of the feet before the strike. Head still.
Tactical	Duels are easiest wide and facing forward , hardest centrally with your back to goal. Teammates should occupy the far post whenever a duel starts wide — most goals from this practice come from rebounds and cutbacks, not from the shot itself.
Physical	Continuous high-intensity play with maximal efforts. The two-minute rolling substitutions manage the load; use them even if the squad protests.
Psychological	The scoring system pays for bravery three times over. Say it out loud after the first 3-point goal: <i>that's what we're looking for.</i>
Social	Watch the goalkeepers. A keeper who is being blamed for goals will stop wanting the job. Praise saves loudly and by name.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
Long-range shooting from outside the zone	The rule handles it. One reminder, then let the restarts do the teaching.
Nobody attacking the far post — every rebound wasted	<i>When he's going 1v1 on the right, where's the ball ending up? Who's there?</i>
Duels attempted centrally and lost , leading to counter-attacks	<i>Where did you try that? Where would it have been easier?</i>
Goalkeepers standing on the line	One quiet cue: <i>Come out a step. Make yourself big.</i> Do not overload keepers with technique tonight — this is not their session.
Substitutes disengaging	Give them a job: one counts the team's duels, another counts shots on target. They report at the reflection.

ASK THEM

- Where's the easiest place on this pitch to beat someone?
- When a duel starts on the wing, where should you be?

- Which finishes went in — the placed ones or the blasted ones?
- Keepers — what made a shot hard to save?
- How many of our goals came from a rebound or cutback?
- Was it worth trying the duel even when it didn't work? Why?
- What would you change about our attacks?

ADJUST IT

HARDER	EASIER
One-touch finishes only inside the shooting zone.	Remove the shooting zone and allow shots from anywhere.
Only goals after a duel count at all.	4 v 4 + keepers on a 34 × 24 m pitch — more space, more chances.
Shrink the shooting zone to 10 m.	Any goal counts double after an attempted duel , successful or not.
Weak-foot finishes worth double.	Add a neutral attacker who always plays for the team in possession.

IT'S WORKING WHEN

Duels happening in wide, forward-facing positions.

Players arriving at the far post as a duel develops.

Finishes placed across the keeper rather than blasted centrally.

At least one 3-point goal — a player beating their opponent and scoring it themselves.

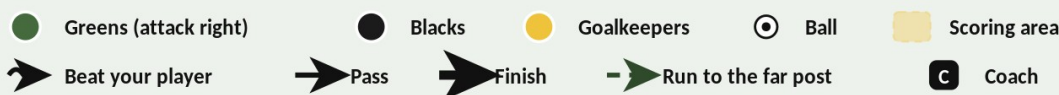
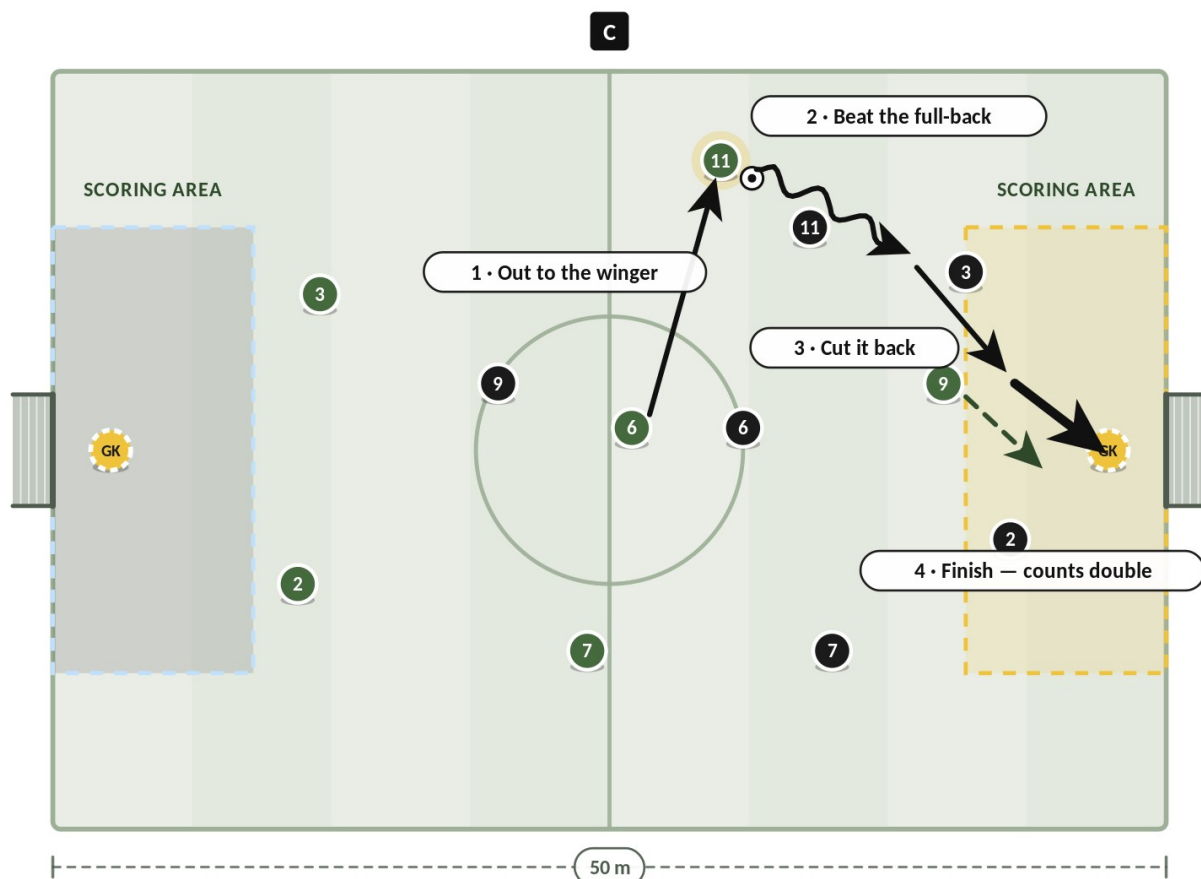
Goalkeepers being praised by teammates rather than blamed.

Substitutes engaged, because they have a job.

6.4 BOX FINISH MATCH (7 v 7)

A full match with one condition that quietly rebuilds the whole attacking picture: goals count only from inside the box. That pulls players into the scoring positions, which means somebody has to beat a player and deliver, and somebody else has to arrive.

50 x 34 m • goals from inside the box only • a goal after a duel counts double • 15 minutes



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SET UP

- 50 × 34 m with full-size goals. A 9 × 20 m **scoring area** marked in front of each goal.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.
- 2-3-1 outfield shape in front of each keeper. Rotate keepers at the halfway point.
- Coach on the halfway line, outside the pitch.

HOW IT RUNS

1. **Keep the bibs and teams.** Keepers and shape in 30 seconds.
2. **Explain the condition once:** Normal game — but a goal only counts if the shot is taken from inside the box. And if somebody beat their player in the build-up, it's worth double.

3. **Minutes 0–5 — no interruption.** Watch how many players get into the box when an attack develops. It will be fewer than you'd like.
4. **Minute 5 — drinks break, one question:** *When the ball's on the wing, how many of us should be in the box? Where exactly?* Get three answers: near post, penalty spot, far post. Restart.
5. **Minutes 6–15.** Announce the doubles loudly. Two individual interventions maximum.
6. **Final two minutes — free play, no conditions.** Let the block end with football.

RULES & SCORING

- **Goals count only from inside the scoring area.**
- **Goal = 2 points. Goal after a duel anywhere in the build-up = 4 points.**
- No touch restrictions otherwise. This is a match.
- Keepers restart within five seconds. Throw-ins may be taken as pass-ins.
- Two individual interventions maximum, plus the scheduled break question.

COACHING POINTS — THE FOUR CORNERS

Technical	First-time finishing from cutbacks — get the foot through the ball, keep it down, and accept that the accuracy matters more than the power. Wide players: the cutback is a pass , not a cross; along the ground, into the area between the penalty spot and the edge.
Tactical	Three players in the box whenever the ball is wide — near post, penalty spot, far post. The near-post run drags a defender and creates the space for the cutback. Someone must hold on the edge for the rebound.
Physical	Fifteen minutes of continuous match play at the end of a demanding session. Expect the finishing to deteriorate and don't coach it harder — coach it less.
Psychological	This should feel like the reward at the end of a run of these sessions. Praise arrivals in the box as loudly as goals; the run is the harder habit.
Social	Wide players should be shouting for runners, and runners should be shouting for the cutback. The two calls are the whole practice.

WATCH FOR

WHAT YOU'LL SEE	WHAT TO DO
One player in the box while three watch from 30 m	The single most common U12 attacking fault. One intervention: <i>When he's wide, I want three of you in there. Who's near post?</i>
Crosses hit high and hopeful into a crowd	<i>Where are your teammates — in the air or on the ground? Roll it to them.</i>
Everybody sprinting to the near post together	<i>If you're all in the same place, how many defenders does it take to mark you?</i>
Shots snatched from outside the box out of habit	The rule handles it. Let the restart do the coaching.
Nobody on the edge for the rebound	<i>Where do half the goals in football come from? Who's standing there for us?</i>

ASK THEM

- When the ball's wide, how many of us should be in the box? Where?
- What does the near-post run do for the player at the far post?
- Should the cutback be in the air or on the ground? Why?
- Who's on the edge of the box for the rebound?

- Which goals tonight came from a duel? How did they start?
- Keepers — what was hardest to deal with?
- Across these sessions, what's changed about how you attack?

ADJUST IT

HARDER	EASIER
One-touch finishes only inside the box.	Enlarge the scoring area to 14 m deep.
Three attackers must be in the box for a goal to count.	Any shot counts and the duel bonus still applies.
Only goals from cutbacks count for one three-minute spell.	6 v 6 on 44 × 30 m with rolling subs.
Man-marking in the box.	No defenders in the box for the first four minutes , so the runs and finishes succeed and the pattern establishes.

IT'S WORKING WHEN

Three players entering the box when the ball goes wide.

Cutbacks along the ground rather than crosses into the air.

At least two 4-point goals — a duel leading directly to a finish.

Someone consistently occupying the edge of the box.

Finishing technique surviving into the last five minutes.

Duels still being attempted when the conditions are removed at the end.

Finish, match day & homework

REFLECTION — 5 MINUTES, SITTING DOWN

- Circle up and **sit down**.
- *What are the two finishes we worked on tonight? When do you use each one?*
- *Where do we aim, and why across the keeper rather than at the near post?*
- *Who scored a goal tonight that started with them beating someone?*
- *When the ball's wide, how many of us should be in the box?*
- **Ask the goalkeepers first** what was hard to save. They saw more shots than anyone and they rarely get asked anything.
- Finish by naming two players who **missed** and praising the decision to shoot.

MATCH-DAY LINK

MATCH OBJECTIVES	WATCH FOR	ASK AFTERWARDS
- Every shot is taken from inside the box unless the goal is genuinely open. - Three players get into the box whenever the ball reaches a wide area. - Somebody follows in every shot for the rebound.	- Where the shots come from. Inside or outside the box? Count them. - How many players enter the box on each attack. Two is normal, three is the target. - The reaction to a miss. From the player, the team and the sideline — again.	- <i>Tell me about a shot you had. Did you place it or hit it? Was that right?</i> - <i>Did you get in the box when the ball was wide? What stopped you?</i> - <i>Who missed one on Saturday, and what did the rest of you say?</i>

HOMEWORK — "TWO FINISHES" · 15 MINUTES, THREE TIMES BEFORE YOU NEXT TRAIN

- **Laces.** Against a wall or fence from 12 m, strike thirty balls with each foot **below waist height**. Mark a target on the wall and count the hits, not the attempts.
- **Side-foot placement.** From 8 m, place thirty balls with each foot into a 1 m target — a jumper on the ground, a gap between two bags, anything. Accuracy only; no power at all.
- **Watch a game with a job.** Fifteen minutes of any professional match watching **the goals and shots only**. For each one, note whether it was placed or driven, and whether it went across the keeper or at them. Bring three observations.
- *Optional extra:* volley the ball against a wall thirty times with each foot, keeping it below head height.

WHERE TO GO NEXT

Same theme — one against one. These cover the same ground from other angles and can be run in any order, before or after this one: **5** The 1v1 Attacker; **7** The 1v1 Defender; **8** Defending the Wide 1v1.

A natural follow-on. Session 7 — The 1v1 Defender. The block flips. The attacking sessions give the attackers everything their own way; here the defenders learn how to make life difficult — the angle of approach, the speed of the last three steps, the side-on stance, and the patience to delay rather than dive in. It is deliberately taught second, because a defender who has spent two sessions being beaten understands exactly what they are trying to stop. Bring your notes on which attackers are hardest to defend against; they make the best demonstration partners.

Or simply run this one again. Nothing in the set has to be done once. A session repeated three weeks later with a harder progression is usually worth more than a new session the players are meeting cold.