



PLAY - FINISHING

Focus: Developing players accuracy to finish on target

Explanation

- Start with a game, as players arrive form a 1v1, 2v1 up to 3v3 game.
- Two teams, each team are trying to score in opposing goals.

Coaching Points

- See the player off balance before they strike: Say 'ensure you are balanced before striking the ball'.
- See the player reaching for the ball: Say 'keep the ball central to your body'.
- See the players ball lifting over the goal: 'Say keep head and weight over the ball as you strike it'.

SO-CHANGE-IT

- Limit the number of touches.
- Restrictions of where players can shoot from, to vary finishing technique.
- Goals are worth more points if they are finished first time.

Repeat Play at the End

- Encourage players to shoot when they see a clear path to the goal.
- Always end with a game, uneven numbers are fine.





PRACTICE - FINISHING

Goals Galore

Explanation

- Two teams of players with four goals (no opposition in the first instance).
- Players can not score in the same goal twice in a row.
- Players to try and score as many goals as possible, going in any direction.

Coaching Points

- See the player's ball off balance before they strike: Say 'ensure you are balanced before striking the ball'.
- See the player reaching for the ball: Say 'keep the ball central to your body'.
- See the player's ball lifting over the goal: Say 'keep head and weight over the ball'.

SO-CHANGE-IT

- Add a defender or two.
- Every second player gets a ball, players without a ball try to win the ball and then score goals.
- Players cannot collect their own ball from the goals, so must win a ball off someone else or collect a ball from another goal.



Numbers Game

Explanation

- Divide players into two groups and distribute team bibs.
- Teams stand on opposite sides of the pitch and are allocated a number (corresponding numbers on the other team).
- Kick the ball onto the pitch and call a number such as 2 & 3.
- Players 4 & 5 from each team run onto the pitch and attempt to gain possession of the ball and score a goal.
- All other players stand on the goal line or sideline, passing the ball back in if it rolls out.
- After 20 secs, if no goal is scored, call, 'Change.' Players who were on the pitch must leave immediately and new numbers to be called.

Coaching Points

- See the player's ball off balance before they strike: Say 'ensure you are balanced before striking the ball'.
- See the player reaching for the ball: Say 'keep the ball central to your body'.
- See the player's ball lifting over the goal: Say 'keep head and weight over the ball'.

SO-CHANGE-IT

- Call one number, two or three numbers at once.
- Restrict area in which shots can be taken (own half or attacking half).



2v2 Rush Goalkeeper

Explanation

- 2v2 Games, with one defending player playing as Goalkeeper.
- Transitions to outfield player when team is in possession.
- Player brings ball back in play by dribbling or a passing to a teammate.
- Opponents to be 3m away from ball until it is in play.

Coaching Points

- See the player's ball off balance before they strike: Say 'ensure you are balanced before striking the ball'.
- See the player reaching for the ball: Say 'keep the ball central to your body'.
- See the player's ball lifting over the goal: Say 'keep head and weight over the ball'.

SO-CHANGE-IT

- Restrict area in which shots can be taken (own half or attacking half).
- Goals worth extra points if different body parts are used.

