



# PLAY – FINISHING

## Focus: Finishing on goal with a goalkeeper

### Explanation

- Have an area set up so that as the players are arriving, they can get straight into a game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams with 2 neutral players and a goalkeeper.
- Play a game using the larger middle area as the playing zone.
- One team will start as the attacking team.
- Have a 'free zone' at the GK end. If the attacking team gets 4 passes then they can dribble through either of the wide gates to finish against the goalkeeper 1v1.
- If the defensive team wins the ball they can finish in the open goal.

### Coaching Points

- Positive first touch – touch out of feet towards goal.
- Head up and observe position of goalkeeper
- 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 and time once they get in the free zone.
- 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

## Focus: Finishing on goal with a goalkeeper

### Explanation

- Using the same area as the Game.
- Split the players into two groups.
- You will need one goalkeeper per side.
- There are two variations shown or change it up and plan some of your own.
- 1: Player A plays the ball to player B and player B plays the ball to Player C. Player C then takes a touch into space and strikes at goal.
- 2: Player A passes the ball to player C. As the ball is being played, player B makes a overlapping run around player C. Player C lays the ball off and Player B takes a touch into space to strike or strikes first time.
- Players rotate rolls each time. 1. A moves to B, B moves to C and C moves to A. 2. A moves to C, C moves to B and B moves to A.
- Swap the GKs every few minutes, or as you choose to manage.

### Coaching Points

- Use the inside of your foot to receive the ball and take your first touch in the direction you want the ball to go.
- Look up and see the goalkeeper, can we get it passed them?
- Move the ball into space to give yourself room to strike the ball.
- Move towards the ball and place your non kicking foot beside it.
- Aim to hit the ball with the top of the foot you are kicking with.
- Watch the ball as you hit it towards the target/goal.

### SO-CHANGE-IT

- Left foot only, right foot only.
- Too much time between turns? Set up two areas or add in more goals.

### Repeat Play

- Return to the first game set up for the last part of your session.
- Add in GKs to the match size goals.
- Has the players ability to finish in the goal improved?

