



PLAY – FINISHING

Focus: Encouraging shooting and taking chances

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 of 6 with 4 players in the defensive half and 2 players in the attacking half.
- Players are not allowed to leave the half of the field that they have been assigned to, meaning both teams will have an advantage in their own defensive half of the field.

Coaching Points

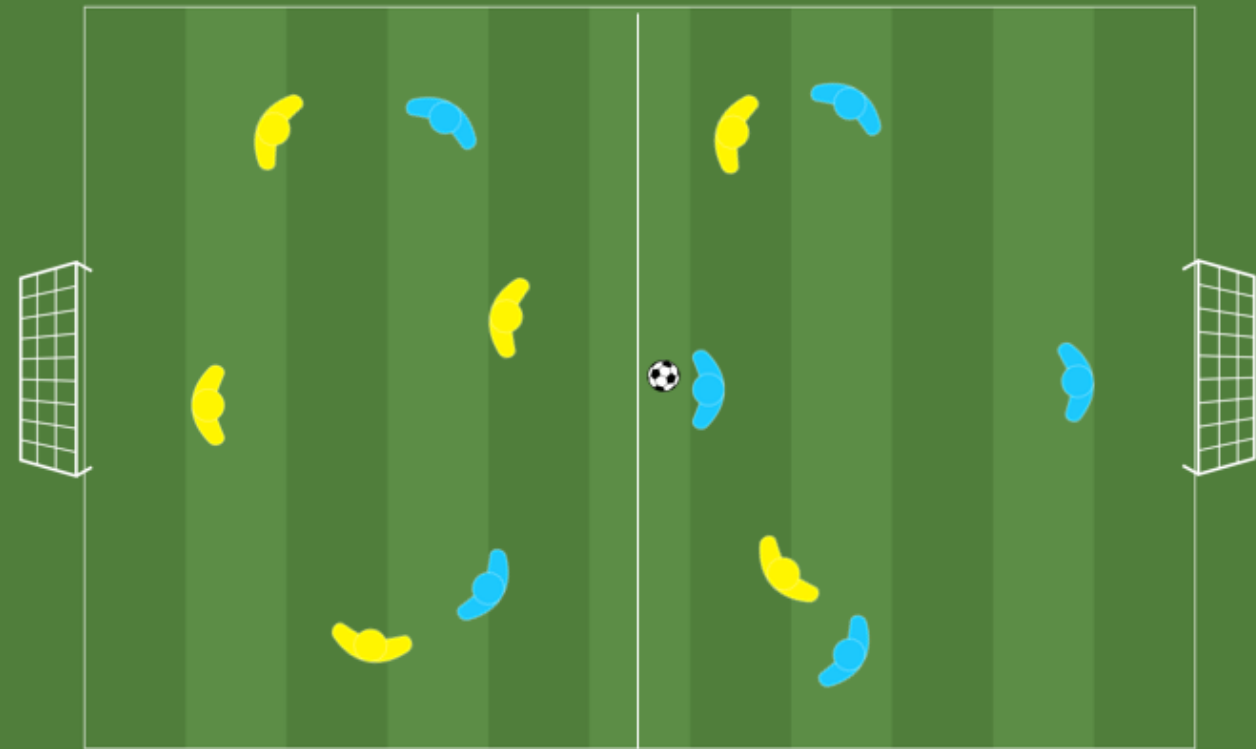
- Head up and observe position of goalkeeper
- Players should look to receive the ball with their hips open to enable them to pass or shoot quickly with their second touch.
- The two players in the attacking half of the field should follow up all shots in case of rebounds.
- Players should use a variety of shooting techniques to try and beat the goalkeeper.

SO-CHANGE-IT

- Limit the number of touches.
- 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: Encouraging shooting and taking chances

Explanation

- Using the same area as the Game.
- Split the players into two groups.
- You will need one goalkeeper from the defensive team.
- A player from the defensive team starts with ball and plays to one of the attacking players at the front of either line.
- The two attacking players then try to finish against the defender who made the pass and the goalkeeper
- Once the ball goes out of play or a goal is scored then the process is repeated with the next players in the line.
- Continue play for 5 minutes and then swap roles.

Coaching Points

- Advise attacks on good decision making – when to pass, shoot or dribble.
- Can the two attackers create space between them to make it harder for the defender.
- 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

- Limit amount of touches when attacking the goal.
- Too much time between turns? Set up two areas or add in more goals.
- 3 v 2.
- If defender wins possession, can they score in the opposite goal?

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?

