

Description

Finishing from close range

Warm Up

Organization

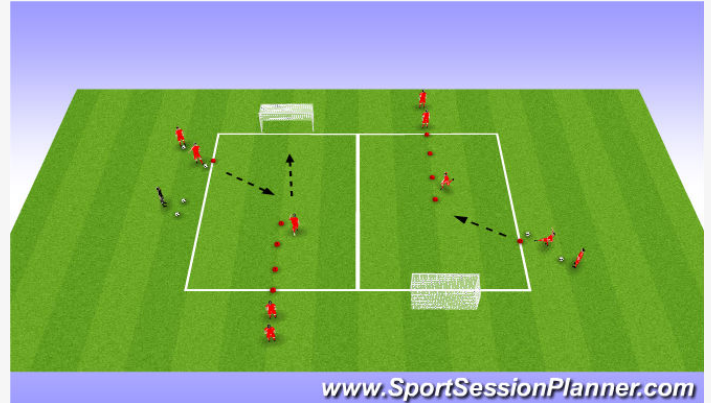
Set up 2 channels with a goal at one end

Players perform a variety of dynamic movements through the cones and then receive a pass from a player on the outside for a one time shot/finish on goal (GK's optional)

Players retrieve their ball and join the back of the passing line

After the pass players join the back of the start line

Encourage players to use the inside of the foot to 'place' or 'pass' the ball into the net



Finishing Techniques

Organization

Player 1 plays to player 2 who plays a wall pass back to player 1

Player 1 then plays a first time pass to player 3

Player 2 spins off the cone to receive a pass from player 3 and finishes on net one touch

Player 1 goes to player 2's cone

Player 2 goes to player 3's cone

Player 3 collects a ball and joins the back of the start line

Encourage players to use the inside of the foot to 'place' or 'pass' the ball into the net

Accuracy versus Power !

Set up from both side to create right and left foot opportunities

Competencies

- Head up to look at target
- Recognize GK's position
- Head down to see the ball
- Inside of the foot for accuracy over power
- Follow through before the head comes up



Small Sided Game

Organization

2 teams with a field split into 2 small ends

Players must stay in their own end

Encourage shooting or 'finishing' at every opportunity due to the short length of the field

If a team scores they start with the ball again

Each team has a striker who can score by picking up rebounds or pressing the defenders into making mistakes



Small Sided Game

Organization

4 v 4 or 5 v 5

Encourage shooting at every opportunity

Encourage proper technique when finishing from close range

Inside placement

Accuracy versus Power !

