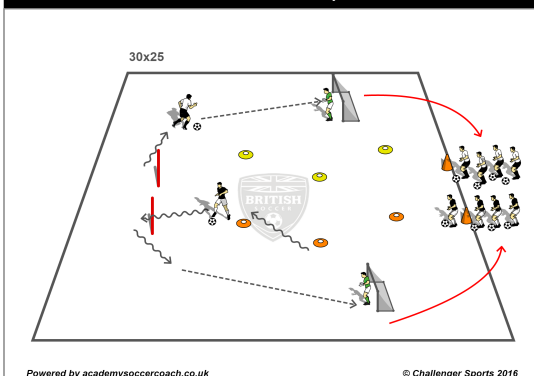


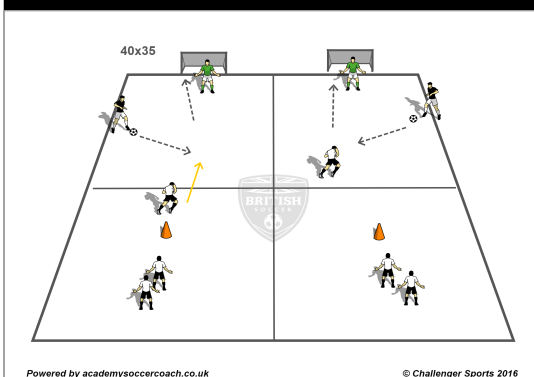
Topic: Finishing & Scoring

Objective: To learn different finishing techniques when attempting to score goals.

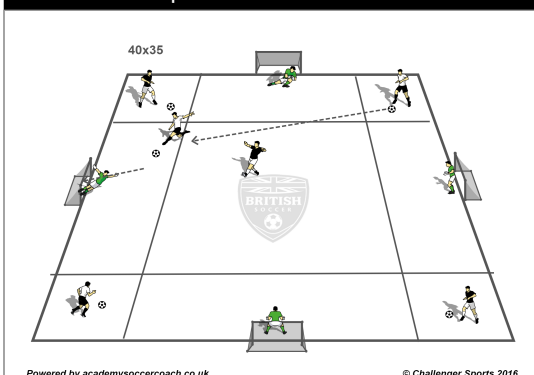
Session Part: Technical Warm-up



Session Part: Small Sided Game



Session Part: Expanded Small Sided Game



Session Part: Game



Organization

Time:

10

Area:

30x25

Numbers:

10 Players

- Players split into 2 equals groups - 1 goal either side of each group - 2 balls per group.
- Player at the front of each line dribbles in and out of cones until they turn left/right at the top cone.
- Coach introduces ball mastery skills in between cones for players to complete.
- Player dribbles through the gate (tall cones) and strike at goal.
- Goalkeeper collects the ball and joins the line - striker becomes goalkeeper.

Progressions

Coaching Points

- Start without a goalkeeper to build confidence.
- Use of both feet.
- Difficulty of ball mastery in between cones.
- Alternate sides for ball striking approach.

- Good touch in front and at an angle.
- Approach to the ball and position of the standing foot towards target.
- Knee and head over the ball.
- Follow through for power.

Organization

Time:

15

Area:

40x35

Numbers:

10 Players

- 4 zones/2 fields working simultaneously with a goal and goalkeeper.
- Players at the tall cone begin without a ball. Feeders at the side have a healthy supply of balls.
- Player without the ball enters the feeders zone to control the ball and strike at goal.
- Player who strikes the ball then becomes the feeder.
- Feeder joins the back of the line - next 2 players continue the exercise.

Progressions

Coaching Points

- Player starts with the ball, dribbles and plays a 1-2 wall pass with the feeder before striking at goal.
- Use of both feet.
- Element of competition for both groups.
- Introduce points system.

- Approach the ball at angle.
- Placement of standing foot towards target.
- Strike the center of the ball.
- Follow through for power.
- Knee & head over the ball to support accuracy.

Organization

Time:

20

Area:

40x35

Numbers:

10 Players

- 4 goals with goalkeepers at each side of the field.
- 4 feeders with healthy supply of balls in each corner of the playing area.
- 2 players play 1v1 in the center of the field numbered 1 & 2.
- Number 1 receives the ball from a feeder and attempts to score in 1 of the 4 goals.
- If the defender steals the ball, they attack the opposite goal to where the attacker was trying to score.

Progressions

Coaching Points

- Rotate who receives the ball after 1 minute.
- Rotate feeders with 1v1 players in the center.
- Rotate goalkeepers.
- Feeder can join in to make 2v1.

- Movement to receive the ball.
- Good first touch to set up a quick strike.
- Awareness of space, defender and goalkeepers.
- Quick decision making - create half a yard.

Organization

Time:

15

Area:

40x35

Numbers:

10 Players

- 5v5 with goalkeepers.
- 5x5 grid stationed in the center of the goal 10-15 yards out from goal.
- 1 forward from each team is locked in the grid at either end of the field.
- If teams pass the ball into the player in the grid and they score additional points are awarded.
- Rotate the forward in the grid every 2 minutes.

Progressions

Coaching Points

- 5v5 free scrimmage.
- Limit to 2-3 touch.
- Additional points/goals awarded for good finishing techniques.

- Movement off the ball to receive a pass.
- Good first touch to set up finishing opportunities.
- Quick decision making.
- Positive attitude and mind-set to scoring.