



Finishing

Category: Technical: Shooting

Difficulty: Moderate | Start Time: 14-Mar-2018 18:00h

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Individual-Adult Member

Description

Session focussing on attacking play and finishing.

Warm Up (5 mins)

Red players start at yellow cone.

Blue players start at blue cone.

Supply of balls at blue cone.

Red player enters middle square and receives a pass from the blue player.

Red player's first touch takes him out of the square and second touch is a firm strike into the mini goal. Player can choose either goal.

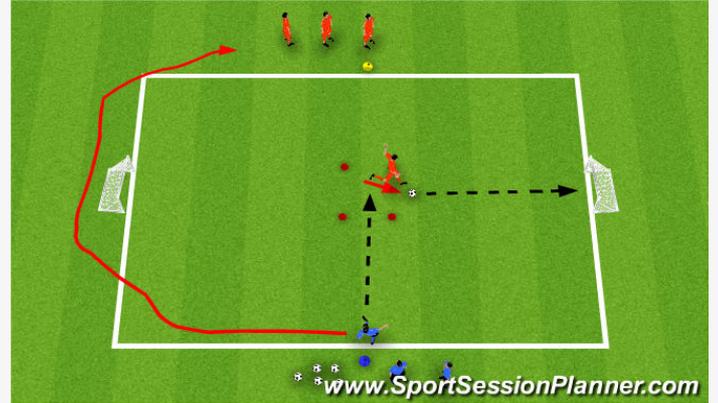
After their go the players then join the back of the opposite queue.

Coaching points:

Receive the ball on the back foot.

Good first touch.

Accuracy and strength in strike into goal.



Learning Objectives



Technical

Passing, receiving, first touch, shooting



Physical

Running

Warm Up 2 (5 mins)

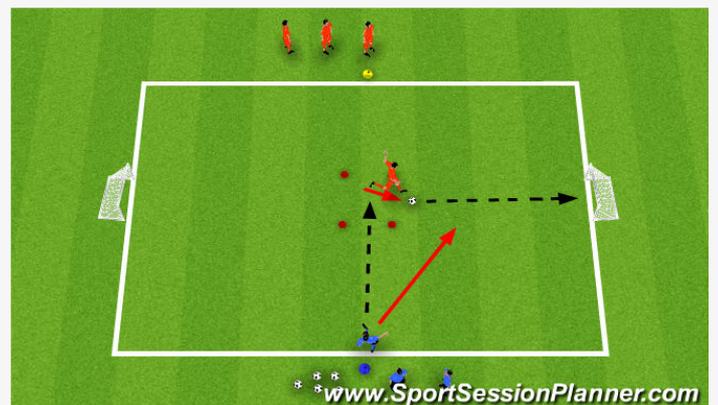
Practice continues but now the passing moves to put pressure on the attacking player.

Attacking player must decide which goal to go for.

Coaching Points:

Which direction is the defender going?

Can you trick him?



Learning Objectives



Technical

Passing, receiving, first touch, shooting, turning



Physical

Running, defending, movement



Psychological

Decision making, awareness



Social

Encouraging, applauding

Overload Attack (10 mins)

Shooting Practice.

There are 2 identical practices taking part in either half of the pitch. Play starts with one of the 2 midfielders who play the ball into the 3 attackers who then play 3v2 and try to score. The 2 midfielders move to support the attack making it 5v2.

Play restarts back with the midfielders.

Players score 3 points for a first time finish, 2 points for a finish in 2 touches and 1 point for a finish in more than 2 touches.

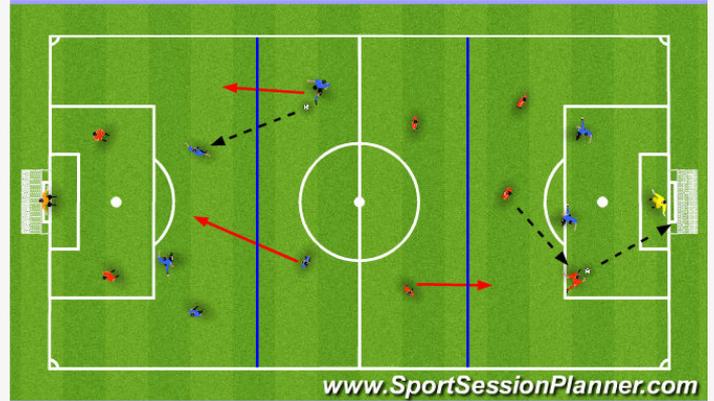
If defenders or goal keeper win the ball, can they keep it or get ball to half way line?

Coaching Points:

Expect lots of goals. Remind players of the focus of the session and that we want to see lots of goal scoring opportunities. Also explain to the defenders that they have a tough job in this practice.

Focus on finishing in as few touches as possible.

Do you go for power or accuracy?



Learning Objectives

	Technical Passing, receiving, first touch, shooting
	Physical Running, defending, movement
	Psychological Decision making, awareness
	Social Encouraging, teamwork, communication

Attacking Game (15 mins)

Play a match with the following constraints:

Play 3v2 in each of the outer thirds and 2v2 in the middle third. Players must stay in their thirds. This should give the attackers an advantage.

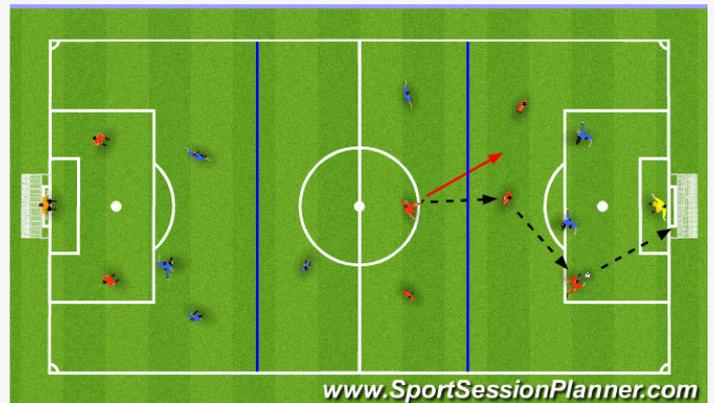
Play begins with the GK who plays out to one of the 2 defenders. The attackers are not allowed to tackle initially to encourage forward play.

When a midfielder plays from the middle third to an attacker in the final third, they may transfer into the final third to support creating a 4v2.

Again, 3 points for a 1 touch finish, 2 points for a finish in 2 touches and 1 point for a goal scored with 3 or more.

Coaching Points:

Encourage forward, attacking play.



Learning Objectives

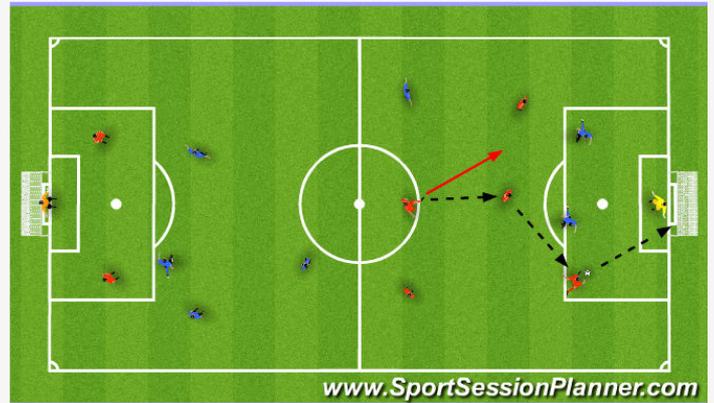
	Technical Passing, receiving, first touch, shooting
	Physical Running, defending, movement
	Psychological Decision making, awareness
	Social Encouraging, teamwork, communication

Unrestricted Game (15 mins)

Remove restrictions and allow players to play a 'normal' game.

Coaching Points:

Can the players remain focused on the session theme?



Learning Objectives

	Technical Passing, receiving, first touch, shooting
	Physical Running, defending, movement
	Psychological Decision making, awareness
	Social Encouraging, teamwork, communication