

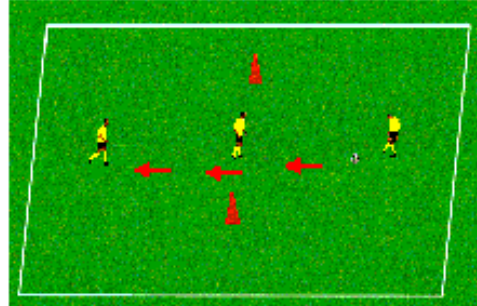
Finishing

Coaching Points: Toe down, ankle locked, head, chest, and knee over ball, head is steady, strike top half-center of ball, land on striking foot, placement of non-striking foot, hit the target.

Finishing Topics: Developing a mentality to finish, from long range, from crosses, finishing from close range

Windows

Players are in groups of 3 with one ball. Cones are set down to mark out a goal. One player starts out in middle between cones. The other players each take a place on an end, so there are 3 players in a row. Middle player starts off with ball and passes to an end player. End player takes a preparation touch and then strikes the ball by the middle player to the player on the other end. The player that strikes the ball then goes to the middle and the middle player goes to an end. Repeat. Different variations to use!



Match Related

1v1v1

Players are in groups of 3. Coach has balls at top of box. Ball is played into one of the 3 players who play against each other and try to finish. Play for 1-2 minutes or for time. The other players are outside the box and can be used for passes. They may also strike the ball at goal if the ball is not passed to them. Could also play 2v2v2.



Match Related

4v4 to two goals

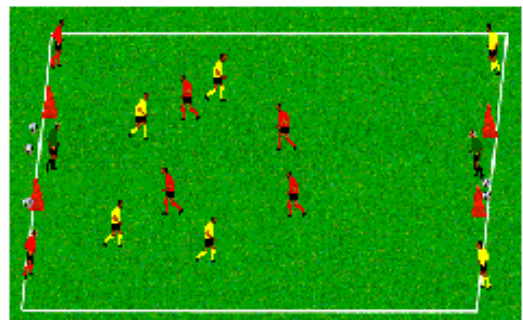
Two teams of 4-When ball is played in by the coach, a team can score at either goal. Other players are on sides and may be used for passes by the teams playing. Field is about 30 yards in length so that they look to strike quickly. Play to a certain amount of goals or time and then switch the group.



Match Related

4v4 w/bumpers

Two teams of 6 players. Four players from each team take a place on the field while the other two players go on the ends by their attacking goal. They are “bumpers” and have 1 touch. They are instructed to pass the ball to their teammates. After a bit, switch the bumpers.



Match Condition

Play 4v4-6v6. Make the field shorter to get more opportunities to strike and finish. If a player attempts and misses, they go chase and then the other team has a player advantage.

