

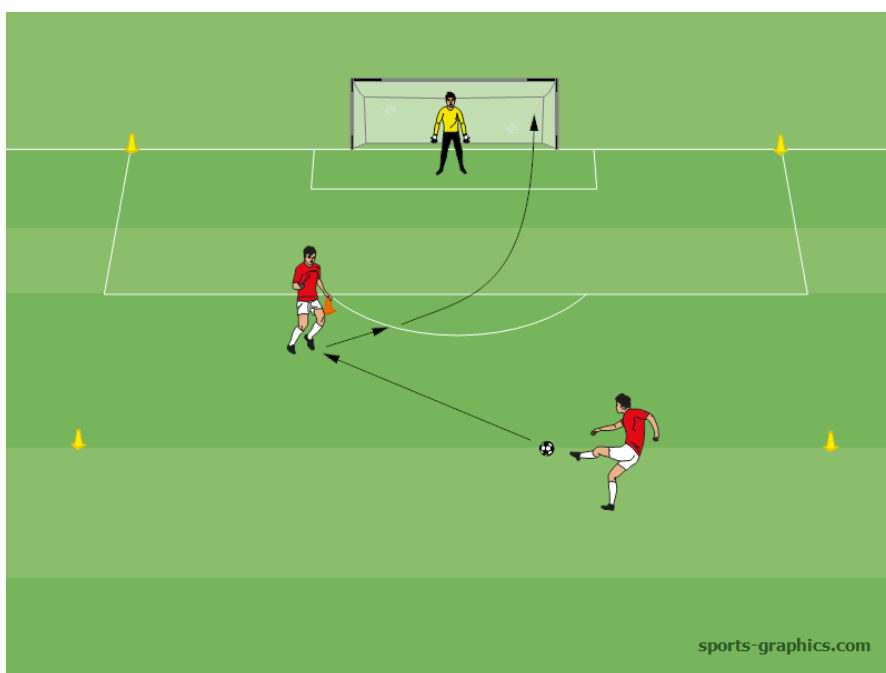
TURN TO FINISH

Develop shooting technique

TECHNICAL

Shooting

Striking the Ball



Set up a 40x45 playing area with a goal and goalkeeper.

Place a server on the end line opposite goal and a player in the middle of the area near a cone.

The server starts the practice by playing a ball into the teammate.

The player who receives the ball has one touch (two if needed) to control the ball and turn around the cone to set up a strike at goal.

This must be done at speed to increase game realism.

Players rotate, repeat from both sides.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Develop first touch to improve the chance of scoring.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- To improve finishing by using different striking methods.

KEY FACTORS

- Be positive
- Head up
- Quality of the finish
- Repetition
- Technique

FOCUS AREAS

- Adjustment of the distance the marker is placed from goal dependent on age and ability.
- Communication between players.
- Encourage following in for rebounds.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that players are coming towards the ball to receive.
- Focus on accuracy (placement) and the speed of the finish.
- Focus on good technique and demonstrate as much as possible.
- How often does the player hit the target?
- Quality of receiving technique (body shape and first touch to control).
- Range of shooting and finishing skills.
- The quality of the delivery (keep the ball on the floor).

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