

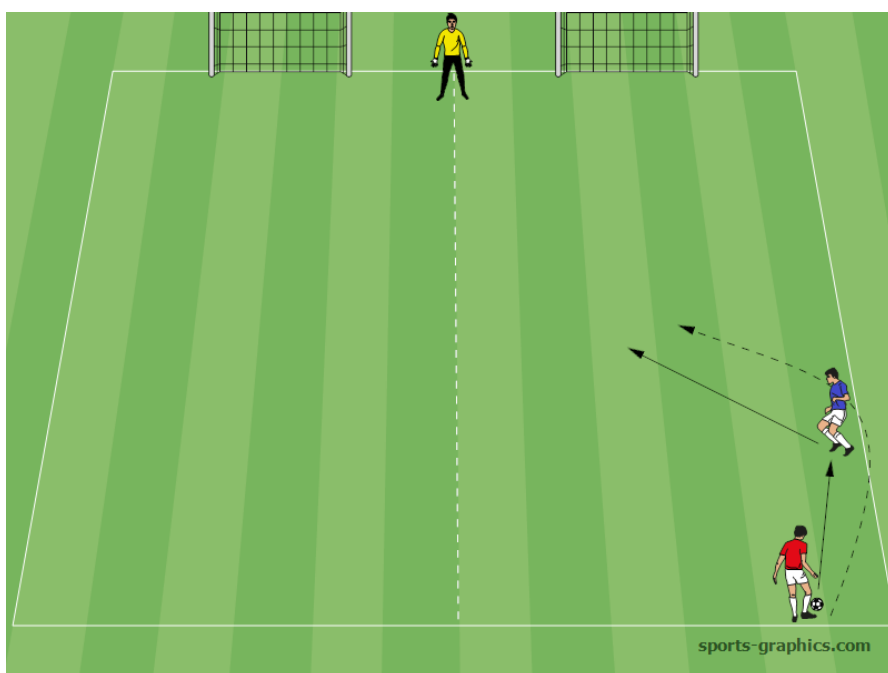
FINISHING 1v1 AFTER RECEIVING

Improve finishing under pressure of an opponent

TECHNICAL

Shooting

Striking the Ball



Set up a playing area 30x20 with two goals at one end 5yds apart. Players work in pairs with a goalkeeper who protects both goals. The defender (red) starts with the ball and passes to the attacking player (blue) towards the outside of the area. As the defender passes the ball, they must overlap the attacking player. Both players should enter the middle part of the area at roughly the same time. The attacker must then burst into the area and look to score in one of the two goals while ensuring the defender doesn't close the player down. Players then swap roles.

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 consistency with the accuracy as well as the feel of what the ball will do.
- Finishing under pressure.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- Improve technique of shooting under pressure of opponent.
- To create shooting opportunities with good first touch and dribbling skills against pressure of an opponent to make play unpredictable.
- To improve finishing by using different striking methods.

KEY FACTORS

- Accuracy before power
- Be positive
- Correct technique -striking
- Head up
- Movement
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Always hitting the target with shot.
- Feints to shoot and move ball to a better striking position.
- Hit the target, shoot across the goalkeeper.
- How often does the player hit the target?
- Make play unpredictable.
- On 1v1 situations, encourage positive play.
- Selection of correct shooting options.
- Where and when to shoot.

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