

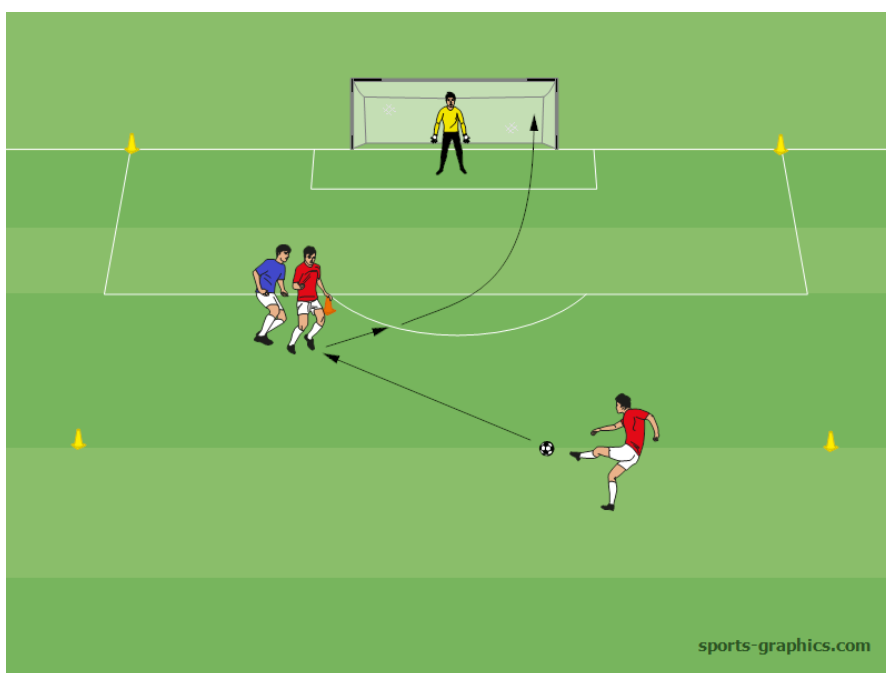
UNDER PRESSURE TURN AND FINISH

Improve finishing under pressure of an opponent

TECHNICAL

Shooting

Striking the Ball



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

Arrange a server on the end line opposite goal and a receiver and defender on a cone in the middle of the area.

The server starts the practice by playing a ball into the player opposite.

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

The defender can only attempt to win the ball after the attacker's first touch has been taken.

Ensure the practice is done at speed for 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.
- Improve team work.
- Technical refinement particularly passing and receiving.
- To improve finishing by using different striking methods.
- To work within a team unit with an agreed outcome.

KEY FACTORS

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

FOCUS AREAS

- Always hitting the target with shot.
- Angles and distance of support.
- Different techniques - drive, chip, place, one on one with the goalkeeper.
- Encourage clever and inventive individual and combination plays by the attackers.
- End product - hit the target.
- How often does the player hit the target?

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