

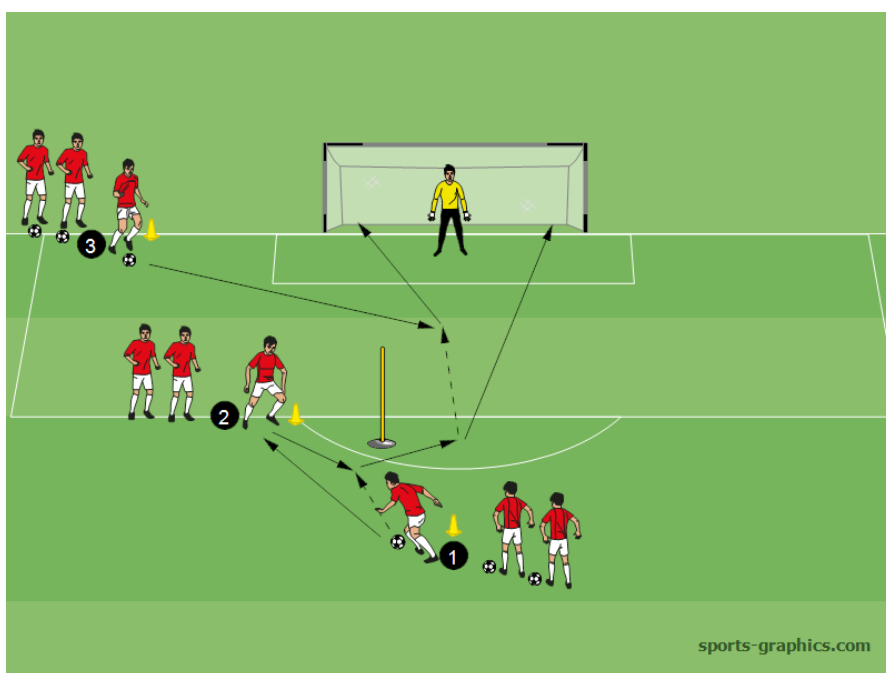
TWO CONSECUTIVE FINISHES

Develop shooting technique

TECHNICAL

Shooting

Striking the Ball



Set up a playing area in and around the 18-yard box.

Arrange three even lines of players, a pole positioned in the arc of the 18yd box, and a goalkeeper in goal.

Players in Lines 1 and 3 need a ball each. The first player from Line 1 plays into Line 2. These players play a one-two and then Player 1 takes a touch around the pole to open up for a shooting opportunity on the edge of the box.

Immediately after the strike, the player from Line 3 plays a driven ball into the middle of the box. Player 1 must now get on this ball and attempt a shot on goal.

The practice is then repeated.

Players from Line 1 go to Line 3, players from Line 2 go to Line 1 and players from Line 3 go to Line 2.

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.
- Communication between players.
- Different techniques - drive, chip, place, one on one with the goalkeeper.
- Ensure players are hitting the target.
- 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?
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.

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