

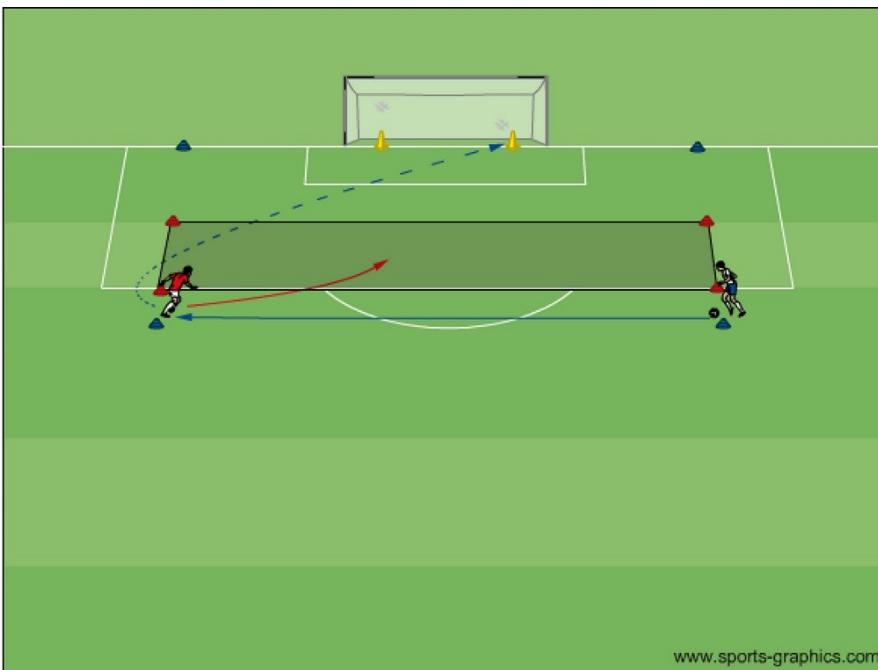
ATTACK SPACE AND FINISH

Improve finishing technique in a skill related practice

TECHNICAL

Shooting

Striking the Ball



Set up a playing area 30x20.

Set up as shown with player on the right beginning with ball at feet.

Player with the ball dribbles across the line towards the other player who will be attempting to score.

The player dribbling will stop the ball using the sole of the foot and will continue the run.

The player then becomes the defender against the player who now has the ball at their feet.

The player who now has the ball attacks the space in front of them and can shoot at goal once in the zone as per the diagram.

The player must aim for one of the corners of the goal which have been separated by cones inside the post.

This is repeated.

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.
- Good movement to create shooting opportunities.
- Improve shooting technique.

KEY FACTORS

- Accuracy before power
- Be positive
- Good first touch
- Head up
- Keep the ball moving
- Quality of the finish
- Shooting technique

FOCUS AREAS

- Encourage use of both feet.
- End product - hit the target.
- Good movement to receive.
- How often does the player hit the target?
- Quick decision making.
- Shooting early - decision of when and where to shoot.

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