

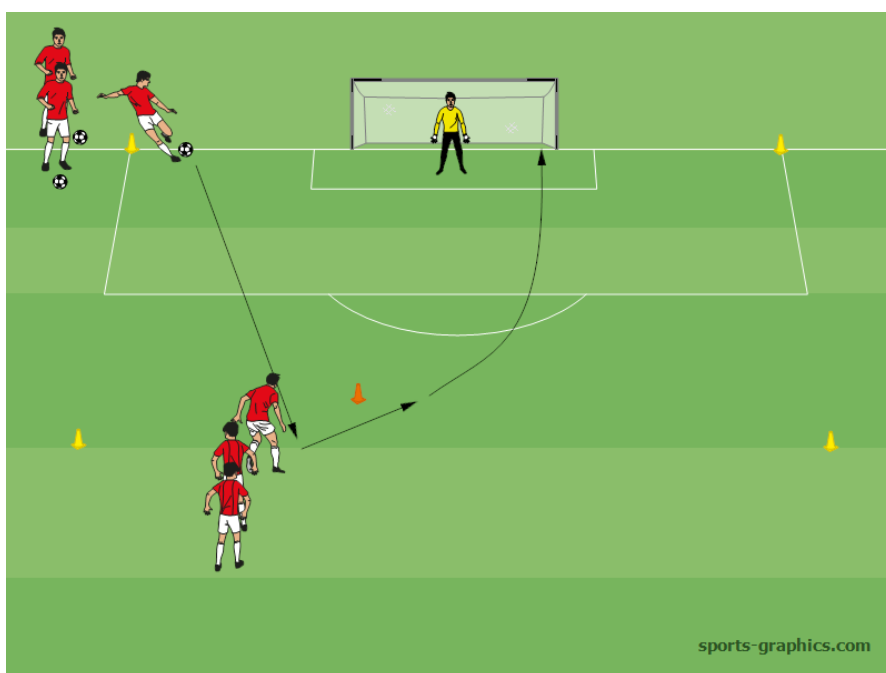
# TOUCH AND FINISH

Develop shooting technique

TECHNICAL

## Shooting

## Striking the Ball



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

Arrange one line of servers on the base line, and one line of attackers opposite with a cone in front of the line.

The servers next to the goal start the practice by playing a ball into the player opposite.

The player who receives the ball has one touch (two if need be) 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 team work.
- To improve finishing by using different striking methods.

## KEY FACTORS

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

## FOCUS AREAS

- Angles and distance of support.
- Assessment, decision and execution of strike at goal.
- Communication between players.
- Different techniques - drive, chip, place, one on one with the goalkeeper.
- Encourage clever and inventive individual and combination plays by the attackers.
- Encourage following in for rebounds.
- Encourage use of both feet.
- End product - hit the target.
- Ensure players are hitting the target.
- Focus on accuracy (placement) and the speed of the finish.
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- Observe how players use the first touch to set up for the shot.

## TOUCH AND FINISH

Develop shooting technique

