

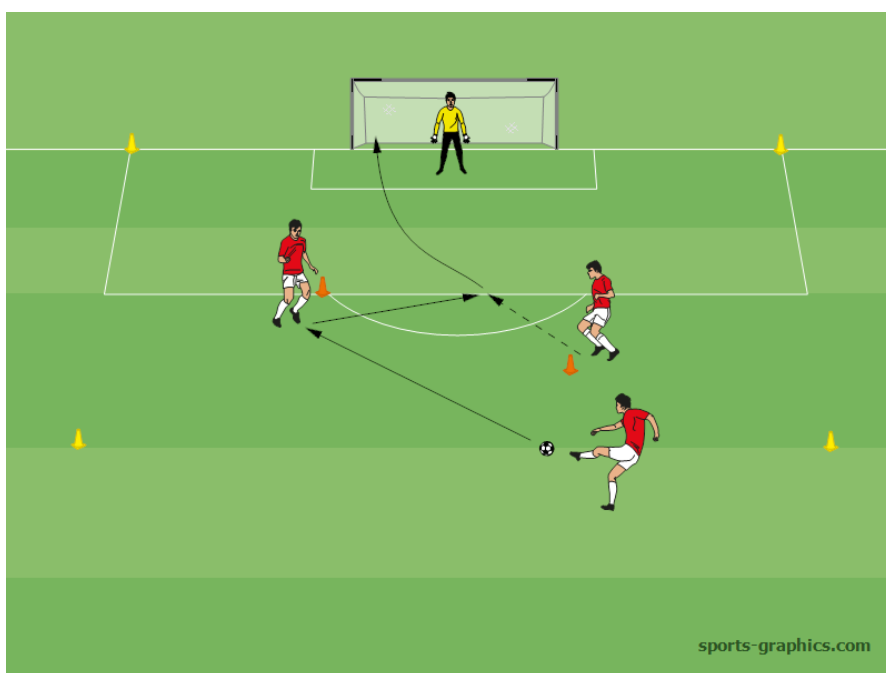
THIRD MAN RUN TO FINISH

Develop shooting technique

TECHNICAL

Shooting

Combination Play



Use a 40x45 practice area with a goal and goalkeeper.

Players work in groups of three to play the ball, control, and score past a goalkeeper.

The player on the end line starts the practice by playing a ball into the furthest of the two players in the middle.

The player who receives the ball has one touch (two if needed) to set up the other player to shoot at goal - third man run.

This must be 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

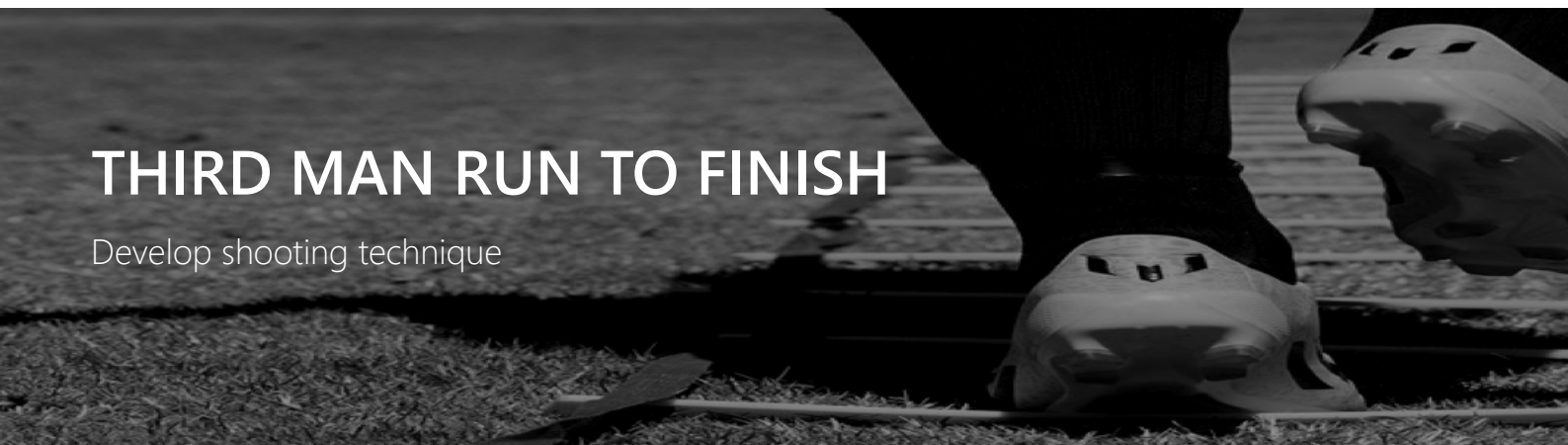
- Develop first touch to improve the chance of scoring.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- To improve finishing by using different striking methods.

KEY FACTORS

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

FOCUS AREAS

- Always hitting the target with shot.
- Angles and distance of support.
- Assess position of support player.
- Attackers timing of movement.
- Communication between players.
- Decision to shoot first time.
- How often does the player hit the target?
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- The approach onto the ball to shoot is extremely important. Observe how players move onto the ball to set up for the shot.



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