

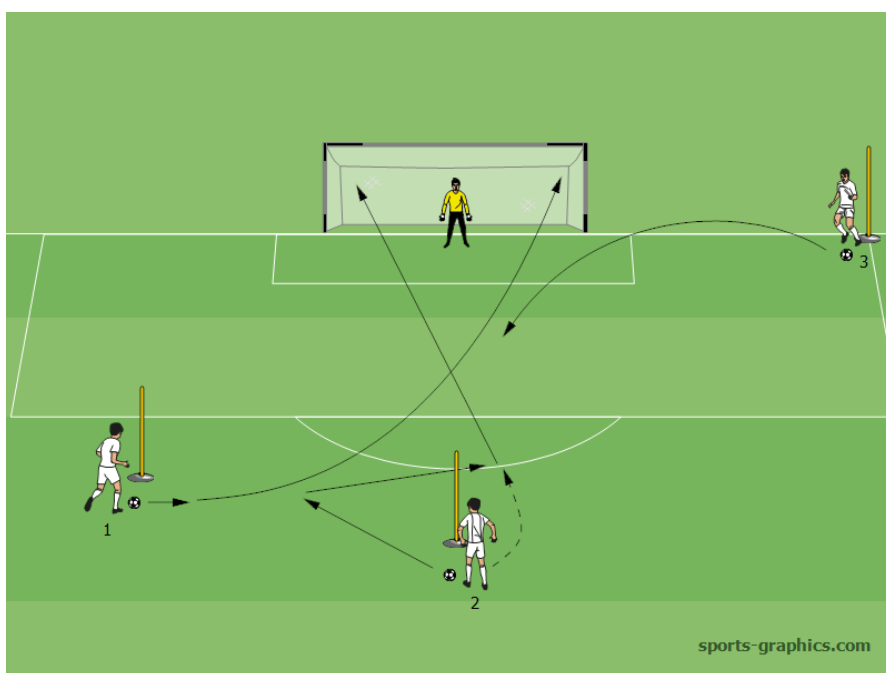
THREE STATION FINISHING CIRCUIT

Develop basic shooting technique with no defensive pressure

TECHNICAL

Shooting

Striking the Ball



Set up three poles in and around the 18-yard box.

Arrange players into teams of three and place a goalkeeper in goal.

The first team position one player at each pole - all have a ball.

The practice starts with Player 1 who takes a touch around the pole and strikes. Immediately, Player 1 turns and receives from Player 2.

Player 1 plays back into the path of Player 2 who strikes at goal.

Players 1 and 2 then attack a clipped ball from Player 3.

A total of three goals can be scored - teams keep a tally.

Players then rotate stations - Player 1 goes to Player 2's station, 2 to 3, 3 to 1.

After a full rotation of the first three players,

the next team of three go.

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 consistency with the accuracy as well as the feel of what the ball will do.
- Develop first touch to improve the chance of scoring.
- Good movement to create shooting opportunities.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- To maintain the proper balance of speed and precision.

KEY FACTORS

- Accuracy before power
- Be positive
- Good first touch
- Head up
- Quality of the finish
- Repetition
- Shooting technique
- Technique

FOCUS AREAS

- Always hitting the target with shot.
- Assessment, decision and execution of strike at goal.
- Attacker to assess position of GK.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that each player adjusts their running speed to allow for good technical execution.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- Range of shooting and finishing skills.
- Standing foot aimed at target.
- Vary the distance between the players depending upon age and ability. As this is a fundamental skill it is imperative that the players are coached correctly.



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