

CLOSE RANGE FINISHING

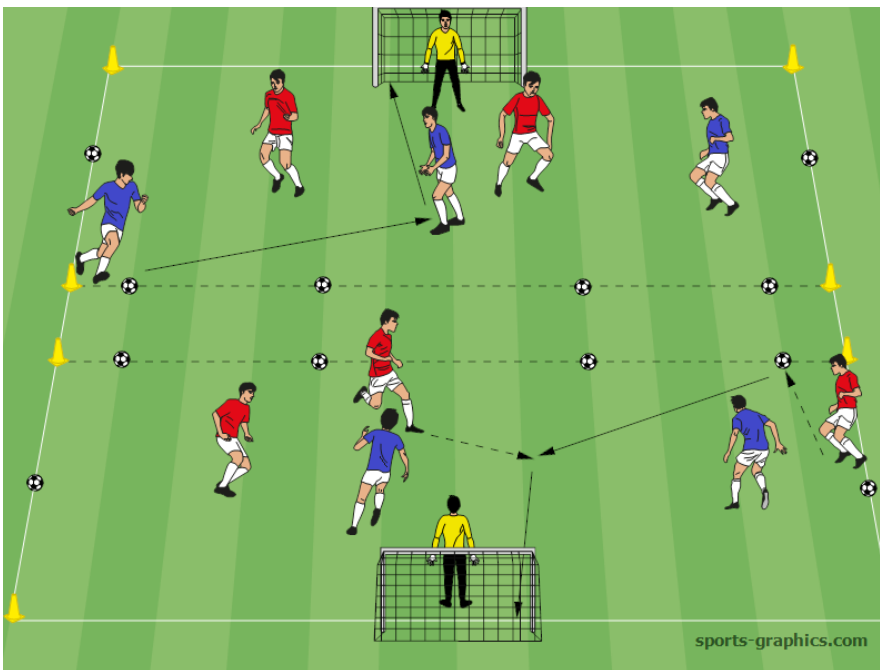
Develop the fundamentals of attacking team play in its most basic form of 3v2

TECHNICAL

TACTICAL

Shooting

Movement



Set up a 30x20 playing area with two zones either side of a smaller central area as shown.

Adjust if necessary.

Players play 3v2, with a goalkeeper on each half. Reds attack on one half, blues attack on the other.

Several balls are arranged around the area. Attackers are unopposed until the ball is touched.

The game starts when an attacker from both sides takes a ball from the edge of the pitch and begins an attack.

Each team gets the same number of balls before attackers and defenders swap over.

The balls can be placed around the area in different positions.

Allow the players to decide where the attacks should start from.

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

- Finishing under pressure.
- Good movement to create shooting opportunities.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- To create shooting opportunities with good first touch and dribbling skills against pressure of an opponent to make play unpredictable.

KEY FACTORS

- Accuracy before power
- Be positive
- Correct technique -striking
- Good first touch
- Head up
- Quality of pass
- Quality of the finish
- Shoot low into corners
- Shooting technique

FOCUS AREAS

- Assessment, decision and execution of strike at goal.
- Attack defender at speed.
- Attackers to scan to assess position and movement of defender.
- Early recognition and awareness by the three attackers of the defender's position and movement.
- Mobility.
- Quick decision making.

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