

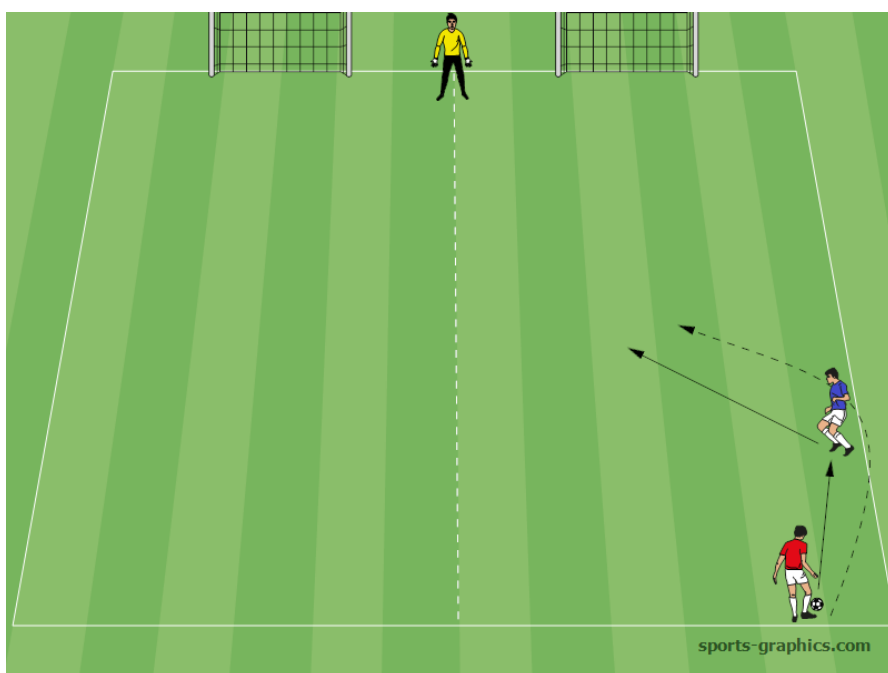
1v1 FINISH

Improve finishing under pressure of an opponent

TECHNICAL

Shooting

Striking the Ball



Set up a playing area 25x20 with two goals at one end 5yds apart.

Players work in pairs with a goalkeeper who protects both goals. This practice can be done in bigger groups but the coach must avoid lengthy queues.

The defender (red) starts with the ball and passes to the attacking player (blue) towards the outside of the area.

As the defender passes the ball, they must overlap the attacking player.

Both players should enter the middle part of the area at roughly the same time.

The attacker attempts to score quickly in one of the two goals while ensuring the defender doesn't get the opportunity to recover and win the ball.

Players then swap roles on their next turn.

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.
- Improve consistency in finishing on goal.

KEY FACTORS

- Accuracy before power
- Be positive
- Correct technique -striking
- Head up
- Quality of the finish

FOCUS AREAS

- Encourage players to attack the opponent positively to maintain speed and control.
- Focus on good technique and demonstrate as much as possible.
- Make play unpredictable.
- Observe from different vantage points and be prepared to freeze play to demonstrate coaching points.
- On 1v1 situations, encourage positive play.
- Selection of correct shooting options.
- Strong on the ball.
- Where and when to shoot.

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