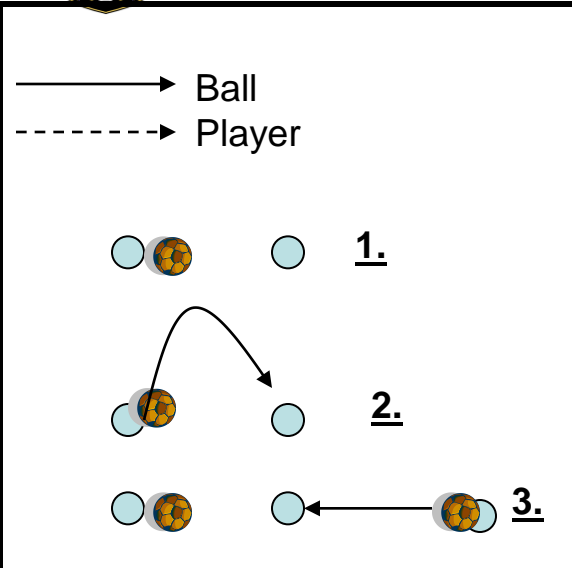




Finishing



Organization

In pairs 5 yards apart 1 ball Passing

- Using- inside/ outside/toe/ Heel/Flick

Server serves underarm and player gets ball back to servers hands

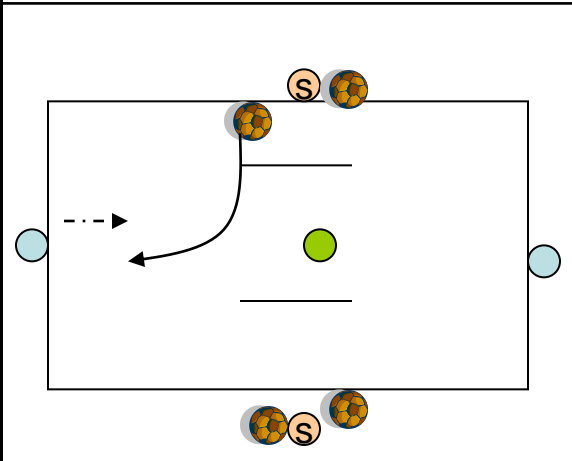
- Volleys back- Inside outside and laces (of foot)
- Knees the ball back
- Heads the ball back

Progression-Server serves ball in randomly

Progression in 3's working the middle player

Coaching Points

- On toes ready to move forward
- Lock ankle
- Eye on the ball
- Striking area of ball
- Drive from knees to head the ball
- Selection of surface
- Head top half of ball



Area 40 x 20 with an 8 yard goal 2 servers. 1 goalkeeper

Server plays ball into Blue's who attacks the goal

If blue scores -opposite players can score back

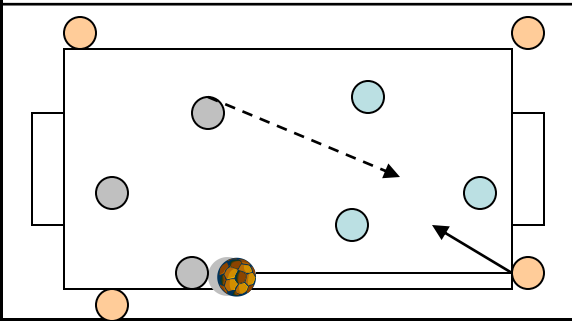
Progression- GK can attack the ball

Progression- Vary the service (height and pace)

Progression –Server becomes pressing defender

Finish with 2v2 on each side of the goal

- Selection of surface
- Body (open to goal)
- Attitude Don't be afraid to miss
- Shot recognition
- Follow through for rebounds
- Eliminate GK



Final Game Area 30x20 with two ten yard goals

2v2 with Goalkeepers and 4 targets

Targets are on both teams and move around the outside of the field. Winner stays on field

Scoring -2 goals one touch finish off target or rebound

- Framing the goal (covering as much of the goal area as possible)
- Decisiveness