



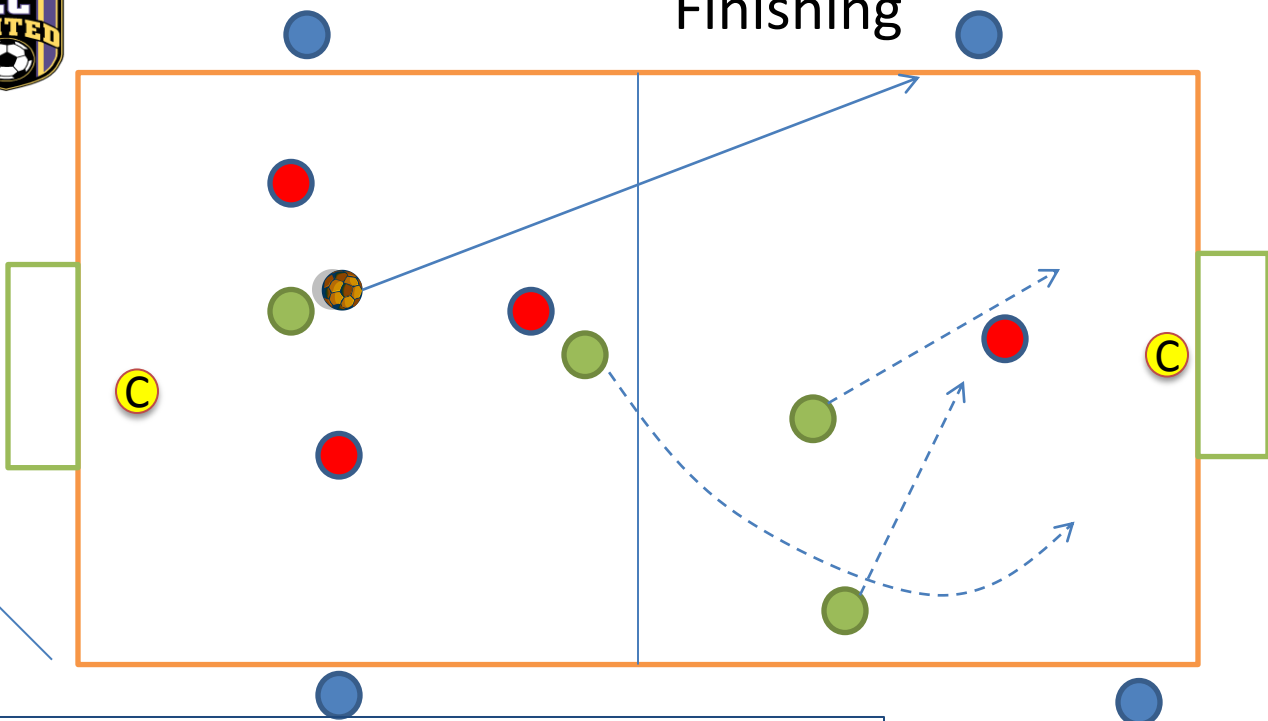


# Finishing



Player 

Ball 



- Coaching points
- Awareness of outlet
  - Weight of pass
  - Communication
  - Framing the Goal**
  - Timing
  - Unpredictability of runs
  - Don't Run in a straight line
  - Follow all shots

- Organization**
- 30x20 adjust to suit shooting ability
  - 3 teams of 4 and 2 coach GK's
  - Teams must play 1 defender 1 midfielder 2 forwards
  - Start by restricting Forwards to stay in one half
  - Two teams playing and one team are the bumpers
  - Bumpers are restricted to one half of the field and must play 1 touch
  - Bumpers pass to the team who passes to them
- Scoring**
- 1 point for any goal
  - 5 points for a 1 touch finish from a bumper
  - 3 points for a rebound

- Framing the goal**
- 1- Near post – must finish run with body level with near post
  - 2- Central Area- Ready to attack the ball if it passes by the front post player- should finish next to PK spot ready to move forwards
  - 3- Far post player- Stopping the ball going out of bounds. Ready to attack the ball if it passes by the central player