



Player ---->
Ball ->

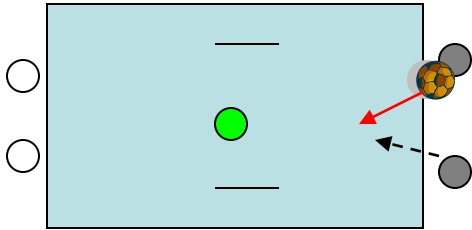
Shooting and Finishing



Objective: To improve all aspects of shooting and finishing

Organization

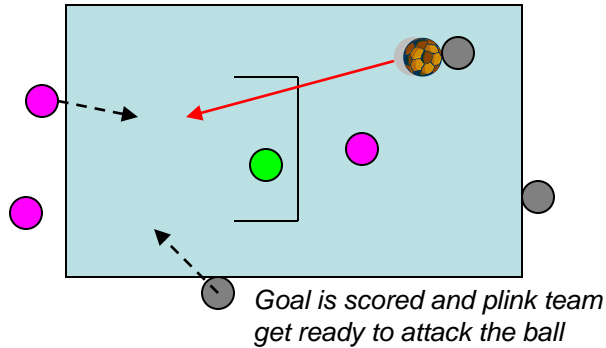
Coaching Points



Area 40x30 2 teams of 2/ one GK /supply of balls
Players look to combine then shoot the ball through the centre goal
Players must remain on the outside of the area
1. Player can score inside area with 1 touch
Look to score 1 touch with toe/outside of foot/ pass through the goal
2. Ball into shooting player must be bouncing

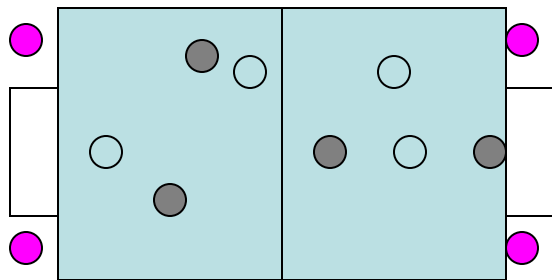
- Approach to the Ball
- Selection of shot/finish
- Strike through the ball
- Body Shape/Mentality
- Angle of approach
- Eliminate the Goalkeeper
- Follow through
- Land on striking foot

Side2 Side1



Area 40x30 divided into 2 sides
2v1 with 1 goalkeeper
Game begins when outside players receive ball
Play on side 2 is live when the ball goes out on side 1 (start from server) or when a goal is scored and the ball comes into side 2
Scoring-
2 for outside area1 point for inside 2 for rebounds

- Shoot on sight
- Body shape
- Selection of shot/finish
- Use the defender as a screen



Area 30x20 with 2 full size goals
Final game 3v3 + GK's with 4 target players
All Targets are neutral
Scoring
3 points for a long shot
2 points for a rebound
2 points for a 1st time shot off a target
First team to 10 points wins the game

- Awareness of goal
- Preparation to shoot
- Team Shape
- Recognition of shot
- Technique selection