



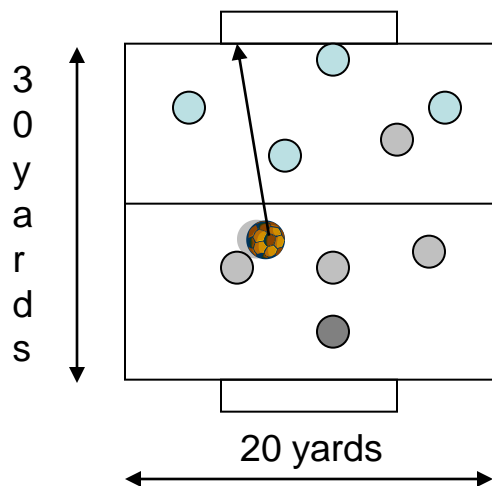
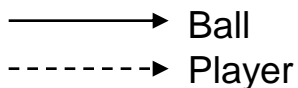
→ Ball
 - - - Player

Shooting





Final Game



Organization

Area 30x20 divided by half way line

Two game size goals at each end

4v4 + Gk

Players are restricted to their own half

Teams score

3 goals from a shot from their own half

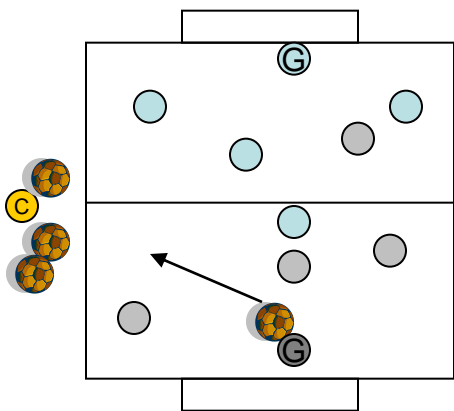
2 Goals for a rebound

1 goal for all other goals

Progress to players can move freely around field

Coaching Points

- Open Body shape
- Selection of surface
- Shoot on sight
- Aggressive 1st touch
- Utilize defender to blind sight keeper
- Follow through for rebounds



Final Game

Start game from different trigger points after a goal or a restart

1. Ball from scoring teams Goalkeeper
2. Ball played into a checking forward
3. Ball played to a player in a wide position

No restrictions

Free play

- Team Shape
- Attitude-selfish
- Early movement off the ball
- Supporting the layoff of the forward
- Cutting in to shoot

In the final game we introduce trigger points. Trigger points is where the coach manipulates the environment to create opportunities to execute the topic from different starting points.