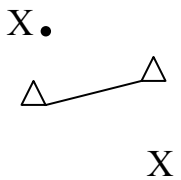
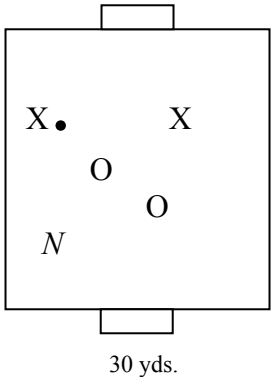
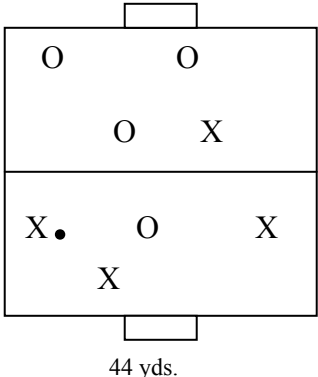
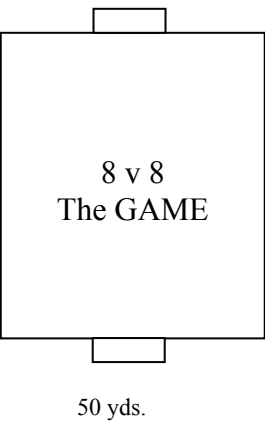


Topic: **Finishing**

Organization	Variations	Diagram	Coaching Points
<b>Fundamental</b>			
<p>Technical ball striking work in pairs, one ball between two. Use half a field and create numerous 4 yard wide goals with cones. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Begin with passing through the cones to your partner. Go to a different set of cones each time.</li> <li>▪ Focus only on inside, instep and bending balls on the ground.</li> <li>▪ Add 2-4 neutral defenders as opposition in the area. Rotate.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Proper technique and body control</li> <li>✓ Body position and balance</li> <li>✓ Locked ankle and correct positioning of plant foot</li> <li>✓ Eye on the ball</li> </ul>
<b>Match Related 1</b>			
<p>2 v 2 + 1 with goalkeepers to two large goals (30 x 36 area or as needed). Neutral player plays for team in possession.</p>	<ul style="list-style-type: none"> <li>▪ Rotate attack between the X's and O's each time. Example: X's attack and O's defend, once X's shoot, score, etc., the O's receive another ball and attack while two new X's enter the field to defend – flying changes.</li> <li>▪ If necessary, add an additional neutral player to create a 4 v 2 to enhance scoring opportunities.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Quality of preparation touch</li> <li>✓ Placement versus power</li> <li>✓ Proper selection of contact surface</li> <li>✓ Timing and shape of attacking runs</li> <li>✓ “Finishing” versus shooting</li> </ul>

Topic: **Finishing**

<b>Match Related 2</b>			
<p>4 v 4 (3 v 1 in each grid) with goalkeepers to two large goals (44 x 36 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ 3 v 1 in each grid. Players are not allowed to enter the other grid.</li> <li>▪ Attacking team looks for early opportunities to shoot and/or combine with the target player in the other grid.</li> <li>▪ Progress by allowing a 2<sup>nd</sup> player to enter the attacking grid once they have combined with the target player.</li> <li>▪ A goal scored by combining with the target player is worth two.</li> <li>▪ Remove central line and play.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Creativity and deception</li> <li>✓ Aggressive and positive mentality</li> <li>✓ Vision and anticipation</li> <li>✓ Tactical application to the game</li> <li>✓ Positioning to gain an advantage</li> </ul>
<b>Match Condition</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 area or as needed).</p>	<ul style="list-style-type: none"> <li>▪ No restrictions.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Correct attacking shape and balance of team</li> <li>✓ Frame the goal</li> <li>✓ Find a way to score</li> <li>✓ Resiliency – rebound mentality</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>