



Quick Finishing

Category: Technical: Shooting
Difficulty: Moderate

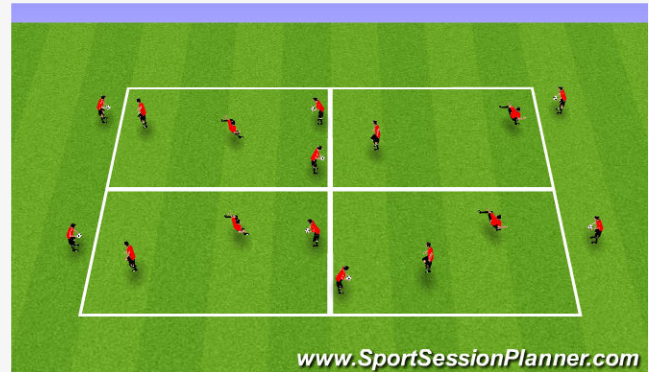
Michael Caine, derry, United States of America
Individual-Adult Member

Description

Quick Finishing

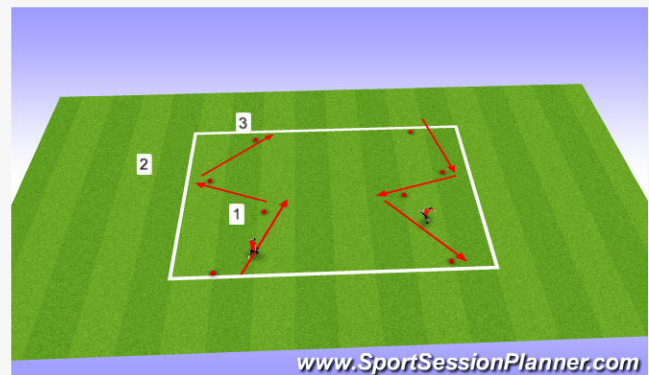
Warm up

Organization 30 x30 square split into 4 groups.
4 players per box 2 feeders and 2 participants.
switch after 1 minute
players receive a ball from their feeders and must complete a skill to return the ball
1. laces volley
2. instep volley
3. header
4 on the ground
5. mix up from feeder
Add dynamic stretches High Knees heel flicks open the gate, kick through and windmills



SAQ

players sprint to cone 1
side step to 2
sprint through 3
repeat 5 times



3v1 to goal

Organization 30 x 30 split into 4 squares
3v1 to goal
Goals only count if they are first touch finishes
Coaching Points
1. Width and Angles- can we create opportunity's by being in wide areas
2. speed of play
3. Positive First touch
4. Choice of finish laces or placement.



Quick finishing

Organization 30 x 30 with a goal or use a penalty box if possible
Split into 3 groups one team is attacking always, one team is defending always and one team acts as neutrals who can only have 2 touches and cannot shoot
how many goals can each team score in 2:00 minutes rotate after each go.

Coaching Points

1. quick shots - can we catch the GK of guard?
2. Creative play in tight areas - 1-2s overlaps penetration via pass and movement
3. can we create chances with width stretch the defence
4. first touch finish



Quick finishing Adv.

Feeders can now only cross the ball into the box, so players must try and be creative

coaching points

1. quick finish
2. 1v1 skills
3. communication
4. width and movement



Game

Expand the length so that it becomes a 40 x 30.
add a second goal, still in 3 teams. neutrals can play back into the field or cross the ball.

Coaching Points

1. Encourage footskills
2. speed of play
3. off the ball movement
4. Be creative

