

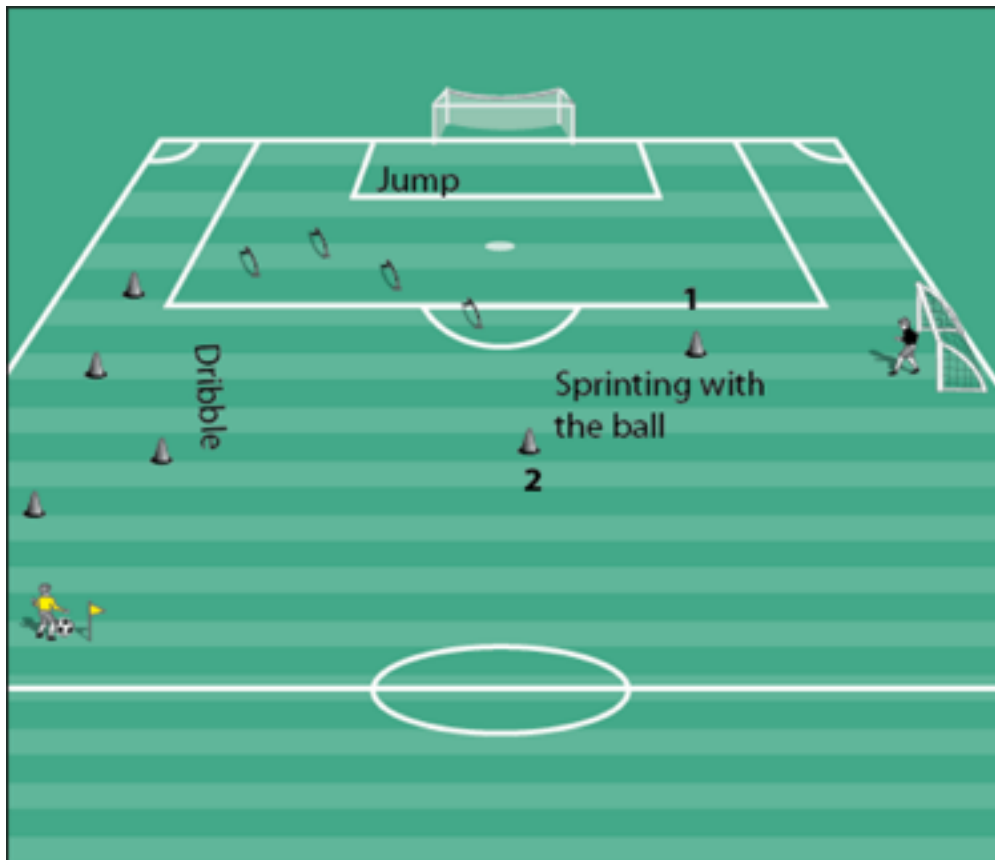
Main Aim: Fine tuning technique of finishing

Warm Up

Coordination drills with shooting & finishing. Player will execute different tasks, finish in mobile goal and finish in normal goal straight away.

Development

Non preferred foot, high shots, shots on the ground, diagonal shots, straight shots, etc. .



Goal to Goal

In a 20 x 10 meters 1 v 1, beat opponent or find the gap to finish in goal. Players cannot get into goal area.

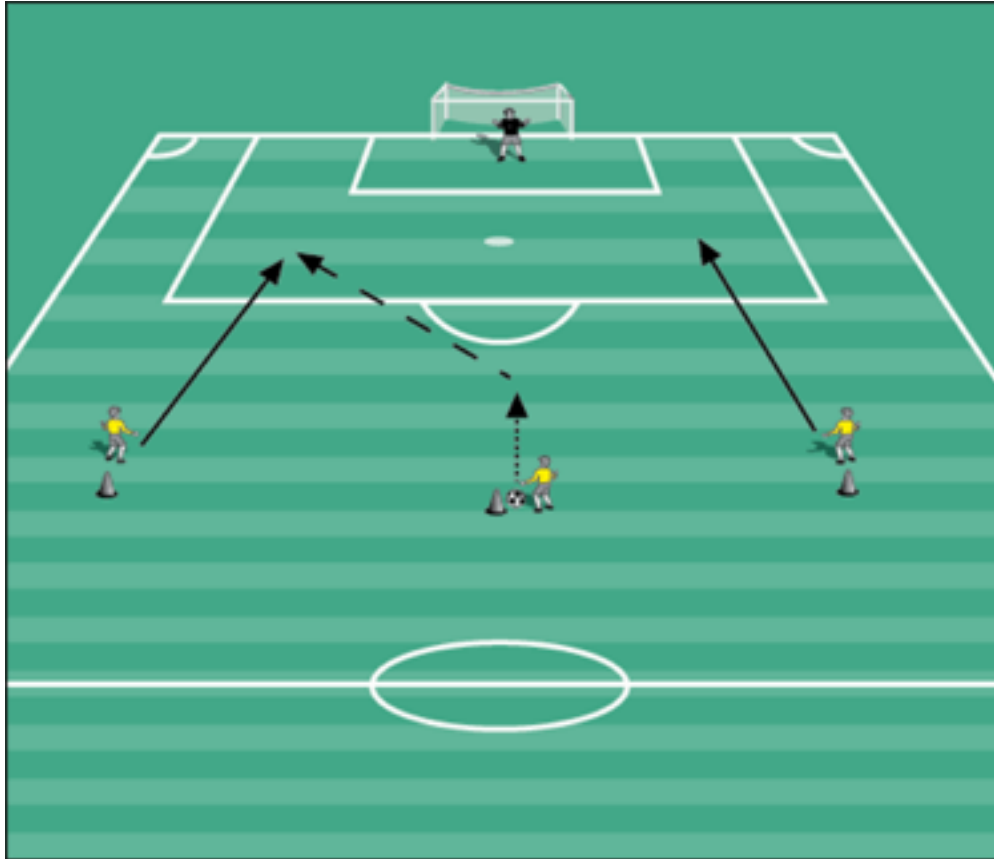
Development

Play 2 v 2

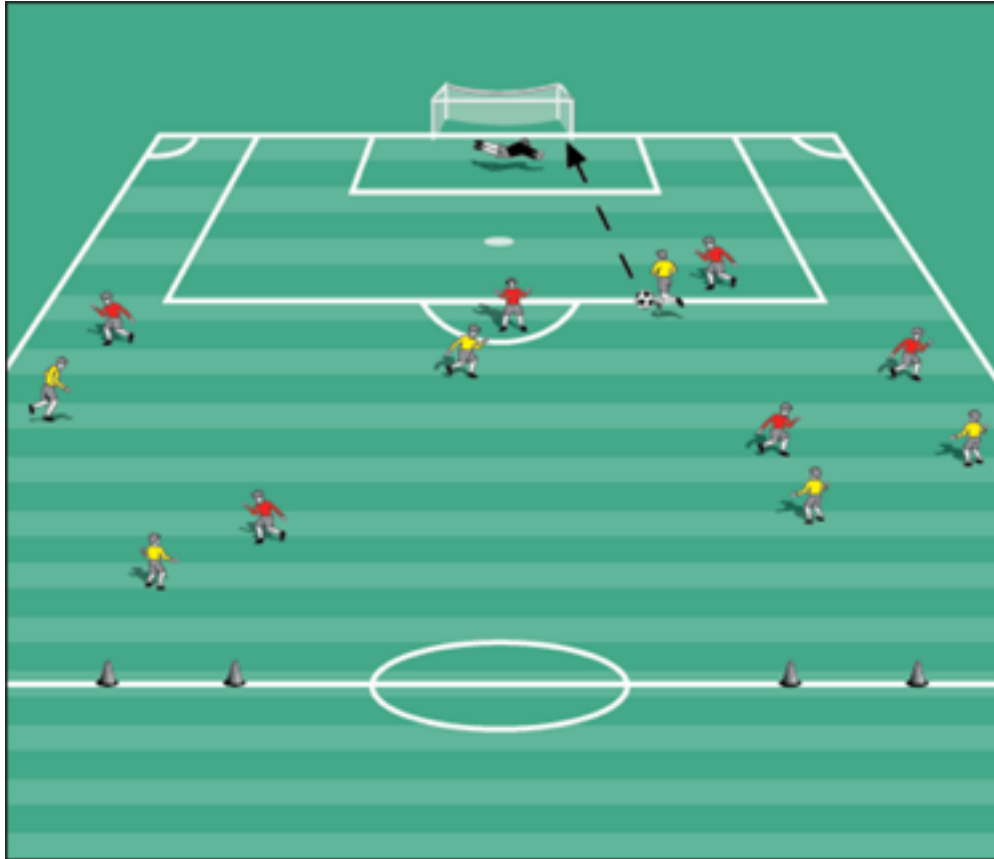


Assistance

3 v GK. Player with the ball will fake the pass to one player and pass to the other player for a direct shot.



6 v 6: playing in half field. One team goes for the regular goal and can only score from outside the goal area while the other one scores in 2 mini goals at half way.



Full game - 11 v 11

Statistical instrument for effectiveness of finishing (individual and team).

Cool Down