

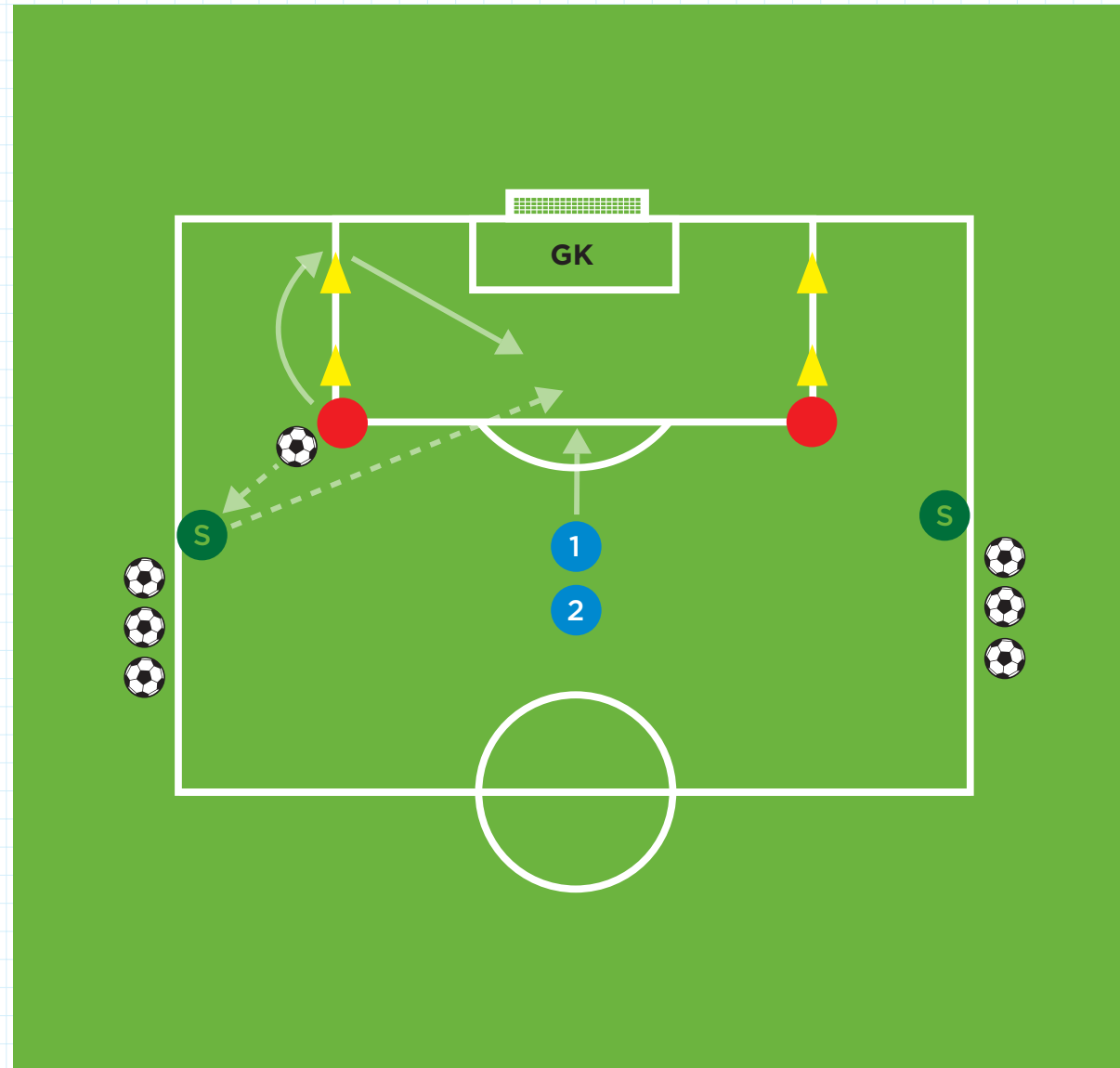
Individual finishing

Practice organisation

- Half pitch (working around penalty area) with full goal, as illustrated.
- 7 players (incl. GK), working in pairs, as Attackers, Defenders & Servers.
- Supply of balls with each server.
- Practice starts with: D makes short pass to S, turns to sprint around cone & defends against A1.
- A1 moves from edge of penalty area, to receive from S & strike on goal, using 1 or 2 touches only.
- Practice is repeated from other side with A2.
- After a pre-determined number of attempts: players rotate roles.

Detail

- Prepare feet & body early on deciding technique to use to strike on goal.
- Controlling touch away from oncoming D to create more space & time to execute.
- Shoot or eliminate D before shooting if he is close enough to block or prevent early strike.
- Use body feints & disguise the actual timing of strike to unbalance D & GK.
- Simple progressions for this practice are:
 - Vary angles ball is served from.
 - Vary distance covered by D.
 - Vary nature of service (aerial, heavy weight, swerve etc).
 - Introduce additional D to chase A from behind as A moves to receive ball from S.



Key coaching points

- Movement of A to set-up body position to strike on goal.
- Read flight & weight of pass from S to decide on 1 or 2 touch finish.
- Observe movement & positions of D & GK.
- Select technique to finish & concentrate on excellence of execution.
- Be ready to react & rebound any parried or deflected shots.