

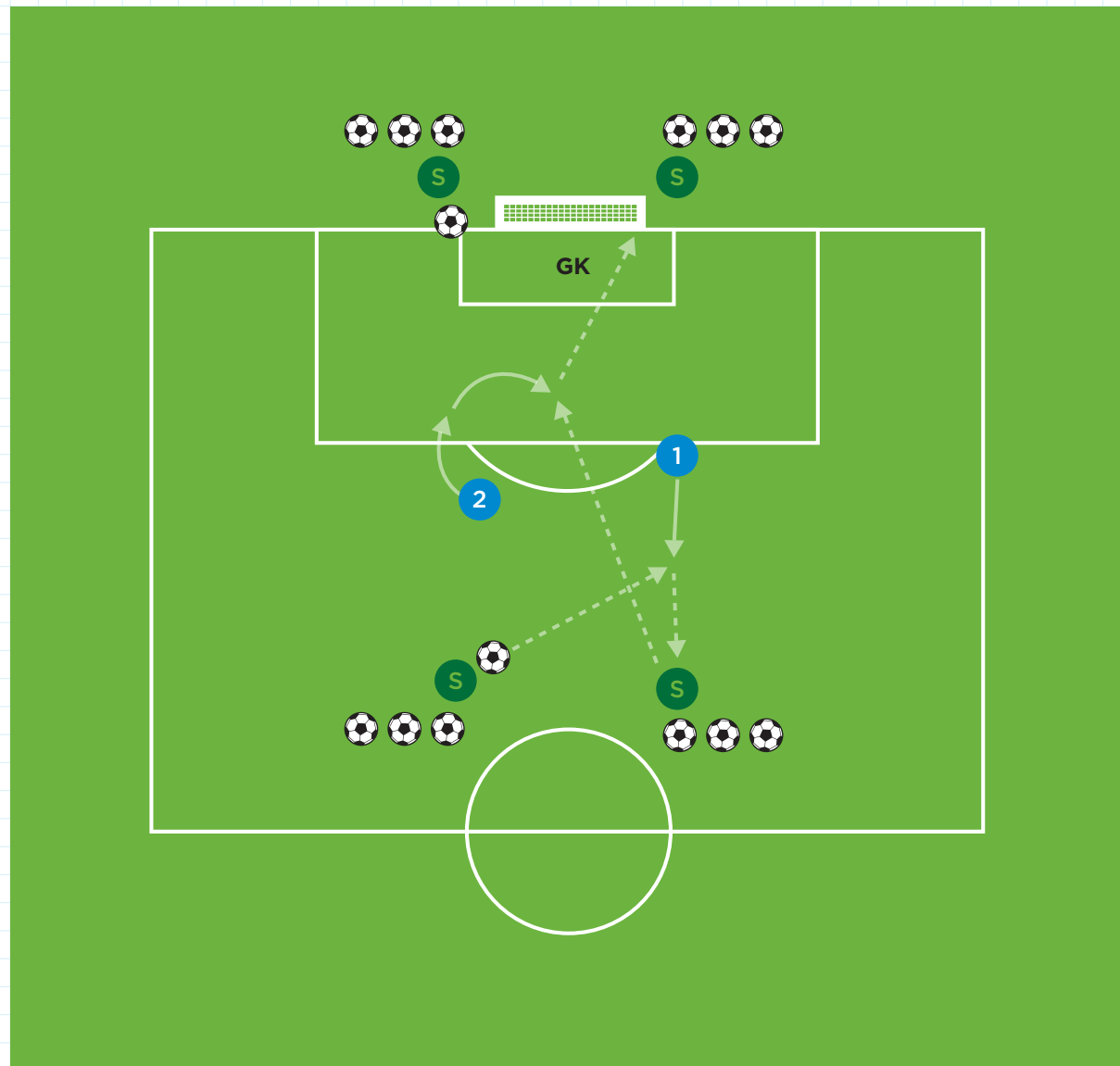
Individual & combined finishing 3

Practice organisation

- Half pitch (working around penalty area) with full goal, as illustrated.
- 7 players (incl. GK), with outfield players working in pairs, as Attackers, Servers & Secondary Servers.
- Supply of balls with each server.
- A's start width of goal apart, on edge of penalty area.
- 2S's start 8-10yds outside penalty area.
- Practice starts with: A's work in tandem; A1 drops to receive diagonal pass from server.
- A1 lays-off to 2nd server who feeds A2 spinning on edge of area to receive long pass & strike at goal.
- Practice continues; alternating S & A's.
- After pre-determined number of attempts: players rotate roles.

Detail

- Where possible: A should strike on goal with minimum number of touches, unless player decides to take ball into 1v1 with GK.
- Ability to use body feints & disguise of intended strike before contacting ball to possibly unbalance GK.
- Composure, accuracy & power are of paramount importance.
- Simple progressions for this practice are:
 - A1 advances diagonally into penalty area to receive pass from secondary S, to strike at goal.
 - A2 receives pass from secondary S to strike at goal.
 - If GK saves: ball is quickly thrown to S's who combine whilst A's recover position to recommence practice.



Key coaching points

- Movement of A making angle to receive & strike on goal.
- Look over inside shoulder whilst moving to receive, adjusting body shape accordingly.
- 1st touch excellence to set-up opportunity to strike at goal.
- 1st touch may be strike on goal.
- Observe (if possible) position & movement of GK.
- Decide technique to employ to beat GK with strike.
- Execute contact.
- React quickly to 2nd. opportunity to strike.