

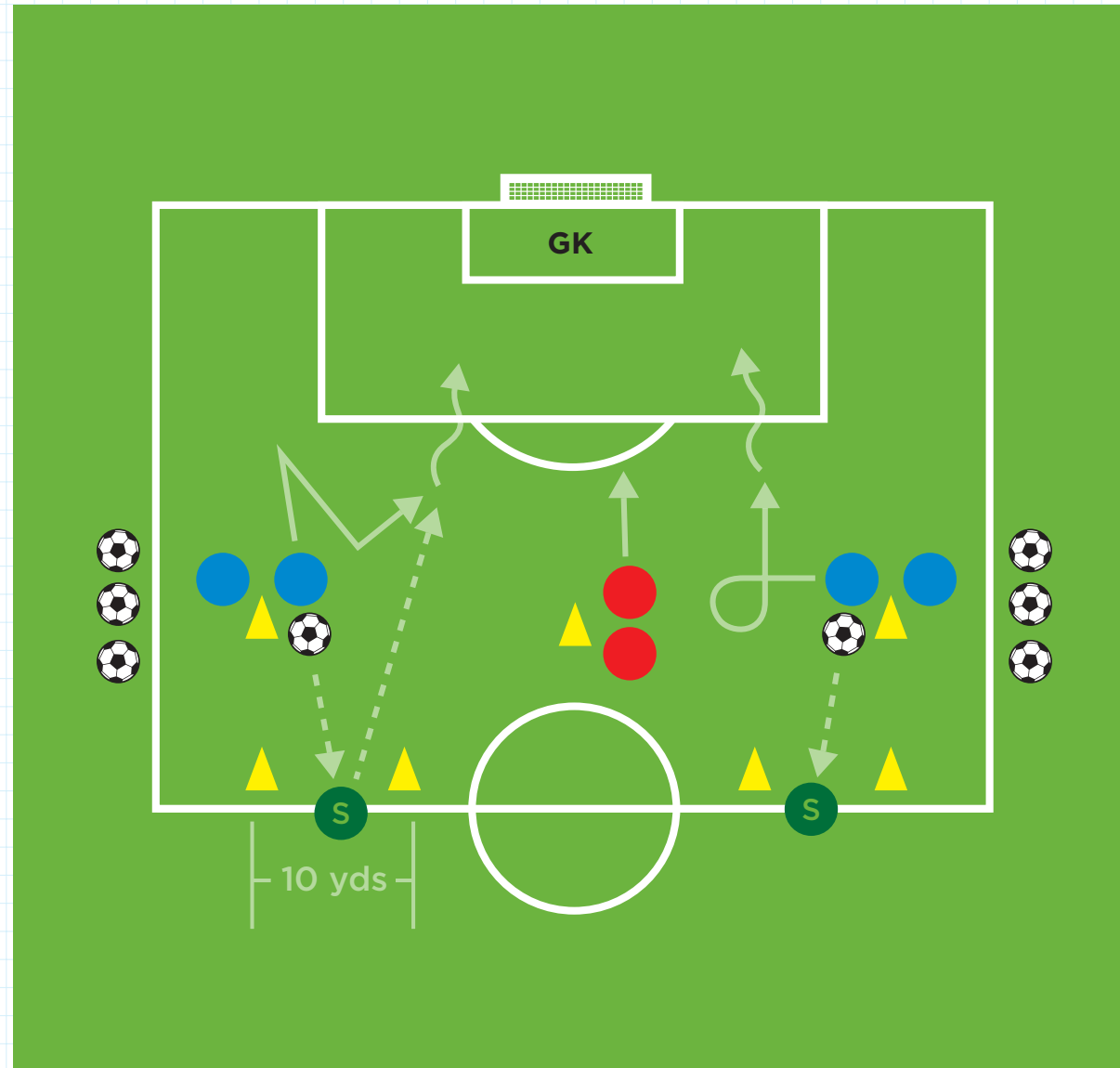
Finishing 1v1 with the goalkeeper

Practice organisation

- Half pitch with full goal, as illustrated.
- 9 players (incl. GK), with outfield players working in groups of three. Attackers, Defenders & Servers (servers may be pair of additional GK's).
- Supply of balls with A's.
- Practice starts with: A's work individually & alternate by feeding ball into S.
- A makes a run, employing clever individual movement, to then receive pass & take-on to goal 1v1 with GK.
- D chases from central start position, as S receives from A, to initiate attacking move.
- Practice is repeated from other side with different movements.

Detail

- Steep directional changes: cutting in a new direction.
- Explosive acceleration to accompany change of direction.
- Lengthy touches on the ball to be able to travel at speed when running.
- Placement of ball: under, over, down side or around the GK.
- Judging distance from which to place ball past GK or decide to take around him.
- Simple progressions for this practice are:
 - A's work as a pair, having option to pass.
 - 2nd D to recover & put pressure on A's.
 - Vary nature of service (aerial, bouncing ball etc).



Key coaching points

- Changes of pace & direction on the run, before breaking to move onto ball.
- Moving quickly towards goal, with ball at feet.
- Observing position & movement of GK.
- Deciding to shoot, pass to other attacker or take ball past GK in 1v1 situation.
- Awareness of recovering D.