

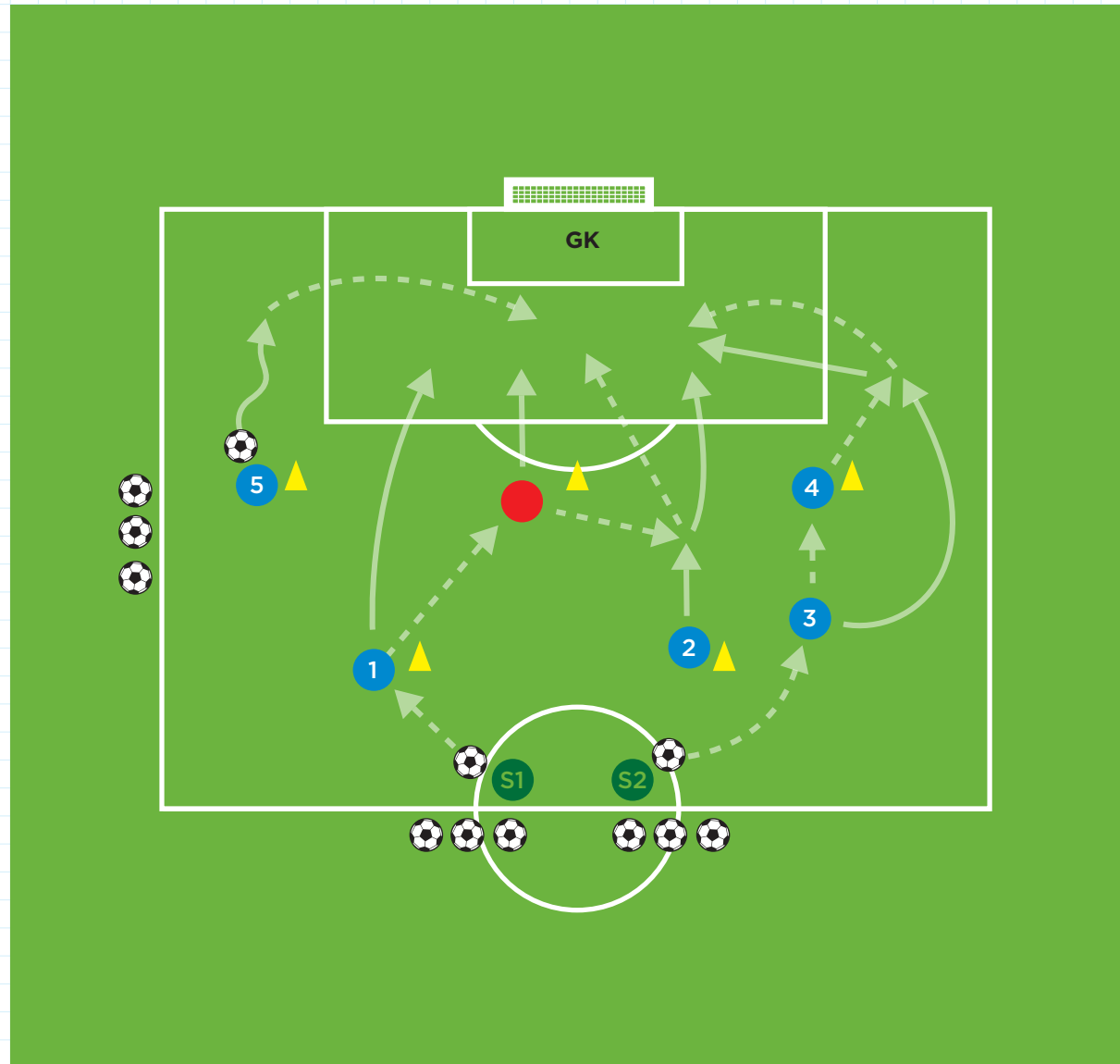
Finishing in the final third

Practice organisation

- Half pitch with full goal, as illustrated.
- 9 players (incl. GK), working as 5 Attackers, 1 Defender & 2 Servers.
- Supply of balls with S on edge of centre circle inside attacking half.
- Practice starts with: S1 feeds A1, who is 10yds ahead of centre circle.
- A1 plays into D, 10yds ahead, who in turn, lays-off a pass for A2, to shoot from distance in a central position.
- As soon as A2 shoots: S2 feeds A3, who plays forward to A4 & overlaps to cross for A1 & A2, attacking penalty area defended by D, who has recovered from earlier position.
- Once outcome of cross & finish is concluded: A5 plays one touch & then serves ball into penalty area for 3A's (A1, A2, A3) v D.

Detail

- Continuous place-changing by A1 & A2, as they attack penalty area & await arrival of crosses.
- Attempt to observe position of GK & progress of recovering D, prior to positioning to strike at goal.
- Making early decision on technique to be used to strike & focusing on precision of contact in execution.
- Movements & interchanges of A's should co-ordinate to cover major goal-scoring areas within penalty box.
- Simple progressions for this practice are:
 - S becomes 2nd recovering D, moving into penalty area.
 - A5 varies nature of service (taking ball to end line & pulling cross back etc).



Key coaching points

- On long-range strike: keep ball low & contact with laces, maintaining compact body position, using power technique.
- Co-ordination of movement into penalty area & attacking designated areas inside area.
- Readjustment of position after initial attack, to set-up positions to score from secondary cross.
- Communication between A's whilst approaching & within penalty area.