

FINISHING



Specific Aspect: Finishing with placement.

Play – Influence

- 4v4 +2 Playmakers small sided game.
- The blue playmaker ('P') plays for the team in possession.
- **Reward:** If you can finish from a cutback from the playmakers = 3 goals.
- Every other goal is worth 1.
- Encourage wide playmakers to work up and down the line and deliver cutbacks when possible.

Coaching Points:

- Today's Challenge: "Today we are working on the placement of our finishing, try your best to finish with placement and to the sides of the goal."
- If your teammate has time and space on the ball, look to use smart movement to receive free.
- When the ball travels to you or after your first touch, try to look up to identify where to shoot.

Practice - Teach

- x2 stations to maximise repetitions (if less players, consolidate to 1).
- Two players act as servers ('S'), other players are finishers.
- Shot 1 – One-Two with server around cone and then finish.
- Shot 2 – Server takes a touch inside and then delivers a cutback for the finisher to shoot.
- Servers rotate with finishers every two minutes.

Possible Progressions:

- All players switch stations to practice other foot.
- Can change shot types.
- Add passive defender who applies pressure from side.

Coaching Points:

- Using short step when approaching the ball.
- Positioning the supporting foot parallel to the shot direction and at the right distance from the ball.
- Locking the ankle – semi-rigid.
- Bending your supporting knee.
- Swinging upwards your opposite arm.

Play - Observe

- Finish session with a game,
- Add a reward to encourage players to engage in the session theme:
- **Reward:** If you can finish from a cutback or first time = 3 goals.
- Every other goal worth a goal.

Encourage finishing and effort. Allow the players to play!

Coach Self Reflection:

- Did the players get the opportunity to practice their technique?
- Did you find the opportunity to develop the individual player within the session?
- Did you see a change in the players behaviour relating to the specific aspect (if not, what could you do differently?).
- Did you create a safe and enjoyable environment?

