

FINISHING



Specific Aspect: Finishing with power.

Play – Influence

- 5v5 Small sided game.
- **Reward:** If you can finish before entering the final third = 3 goals.
- Every other goal is worth 1.
- Encourage early finishing when the player has space.

Coaching Points:

- Today's Challenge: "Today we are working on the finishing with power. I want you to work on shooting from distance using your laces!".
- Body position: Lean slightly over the ball.
- Footwork: Plant your foot beside the ball, about 1–2 feet away, and point it in the direction you want to shoot. Lock your ankle.
- Impact: Hit the ball with your instep, or "laces". Strike the ball between the middle and the bottom.
- Follow through: Follow through with your foot, leg, and shoulders.

Practice – Teach

- 2v1 Wave Finishing Game,
- Practice starts with two players attacking opposite goal unopposed.
- After attacking, the player who takes the last touch of the ball steps off the pitch and collects ball, the other player defends next attack 2v1.
- Defenders should start with semi pressure, jockeying and looking to keep player on the ball under light pressure when in possession.
- Once turn is over. Players go to the back of the opposite que from start.
- Ask players to try and take turns being the one that shoots.

Possible Progressions:

- Develop practice to fully opposed. Encourage early shots for power.

Coaching Points:

- Body position: Lean slightly over the ball.
- Footwork: Plant your foot beside the ball, about 1–2 feet away, and point it in the direction you want to shoot. Lock your ankle.
- Impact: Hit the ball with your instep, or "laces". Strike the ball between the middle and the bottom.
- Follow through: Follow through with your foot, leg, and shoulders.

Play – Observe

- Finish session with a game,

Add a reward to encourage players to engage in the session theme:

- **Reward:** If you can finish with laces or off a rebound = 3 goals.
- Every other goal worth a goals.

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?

