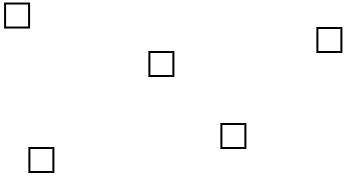
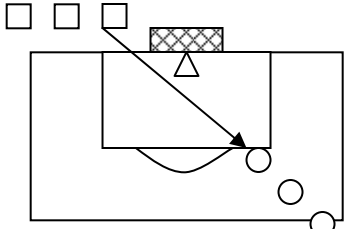
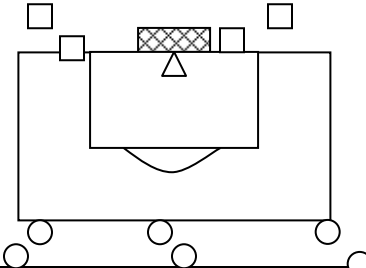





Name:

Topic: Finishing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone needs a ball Players must toss ball to themselves and kick ball straight up in the air using their instep Progress to partnering up and kicking ball back and forth using instep <p>Progressions: Specify what foot they must kick with.</p>	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Solid contact Follow through Watch the ball
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> One line stands next to goal post, while other stands a few yards from the D Line by goal post passes to line by D and then pressures Rebounds are live Switch lines after each turn <p>Progressions: Have the defender start off playing passively and have them become more aggressive as the drill goes on.</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> Similar to above, but instead of 1v1, it is 3v2 Switch teams after four minutes <p>Progressions: Goals scored one touch count double. Goals scored with non-dominant foot count double.</p>	<ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> Play 4v4 in a 40-x-25 yard area A line of cones should be made approximately 16 yards from each goal Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else <p>Progressions: Remove the line and just let them play</p>	<ul style="list-style-type: none"> Observe to see if session has helped with finishing ability