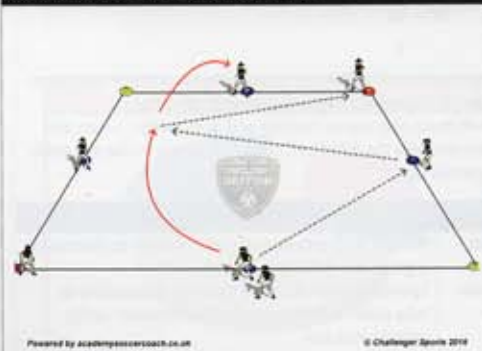


Topic: **Shooting and Finishing In and Around the 18 Yard Box**

Objective: **Increase technical efficiency in shooting and finishing in goal scoring positions, making good decisions on power or placement**

### Session Part: Technical Warm-up



<b>Organization</b>		<b>Time:</b> 15
Area:	20x20	
Numbers:	7	
<p>Passing pattern simulates a give and go with an acute pass across the 'goal keeper' to far side. After play goes one way the player who started on the ball goes behind the central player at the other side. Play then starts from that side as they play to their right and make a deep run on to the ball to play the acute pass across the 'keeper'. After a few rotations switch the direction of play (so go left) and the player to the side of the player on the ball will need to move to the right of them.</p>		
<b>Progressions</b>		<b>Coaching Points</b>
<p>Play deeper balls into runner to create more difficult angle          Increase speed</p>		<p>Don't over-run the pass from the wide player, want to be running on to it not looking back.          Technique to play ball across body to 'far post'</p>

### Session Part: Small Sided Game



<b>Organization</b>		<b>Time:</b> 20
Area:	Goal area	
Numbers:	9	
<p>1v1 to 2v1 and 2v2's          Defender plays a long ball across the box to an attacker and immediately closes down. Attacker aims to beat the defender to get a shot on goal. Ball from opposite side of goal is played diagonal to repeat. Players rotate clockwise and next players repeat play.</p>		
<b>Progressions</b>		<b>Coaching Points</b>
<p>2v1 in favor of the attack to give more options to 1st attacker; take an early shot/beat defender/pass           2v2 to keep options but increase difficulty to beat defense to get a shot on goal</p>		<p>Early shooting when possible          Finishing technique when closer to goal          1st touch to set up for positive attack          Run of 2nd attacker to create passing option or space for 1st attacker</p>

### Session Part: Expanded Small Sided Game



<b>Organization</b>		<b>Time:</b> 25
Area:	30x30	
Numbers:	14	
<p>3v3 + GK's          The coach serves in balls for players to go 3v3 to get a goal. When the ball goes out or a player scores, the coach serves in another ball. The same 6 players play 6 balls.          The team who score the most goal stays on and the other team rotate with the next team of 3 waiting behind the goal.</p>		
<b>Progressions</b>		<b>Coaching Points</b>
<p>The coach plays different kinds of services such as punts or a lofted pass.          Put time constraint on to encourage quicker attacks</p>		<p>Be positive in attack - can play go forward with first touch          Find the half a yard needed to take a shot          Smart finishing - power or placement</p>

### Session Part: Game



<b>Organization</b>		<b>Time:</b> 30
Area:	Full Field	
Numbers:	9v9	
<p>3-2-3 vs 3-3-2          An attacking formation to provide options in attack against a balanced opposition</p>		
<b>Progressions</b>		<b>Coaching Points</b>
<p>Must take shot on if receive the ball in the box</p>		<p>How to create that half yard          Forwards staying open to enable a quick finish when they receive the ball          Following up shots</p>