

Topic: Finishing & Scoring

Objective: To improve combination passes and goal scoring opportunities for attackers.

Session Part: Warm-up



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Organization

Time: 10

Area: 30x25
 Numbers: 12 Players

2 equal groups - 1 player, 1 ball each, 2 goals.
 Players begin behind disc cone and work at the same time.
 Player from each group dribbles towards tall cones, touches to left or right and shoots at goal.
 Next 2 players in line set off once player in front has collected their ball.

Progressions

Add goalkeepers.
 Add passive defenders.
 Increase striking distances and angles.
 Introduce points system for each group.
 Targets in the goal - corners.

Coaching Points

Soft touches, close control when dribbling.
 Good touch in front and at an angle.
 Plant standing foot and big final step.
 Strike the ball cleanly and hit the target.

Session Part: Technical Fundamentals



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Organization

Time: 20

Area: 35x30
 Numbers: 12 Players

2 equal groups either side of the field, 4 players begin at disc cones - 2 goalkeepers.
 Group 1 go first - Player A passes to player B who turns and passes to player C who then shoots.
 Player A replaces player B, player B replaces player C, player C joins the line.
 Group 2 repeat the exercise on the other side after group 1.

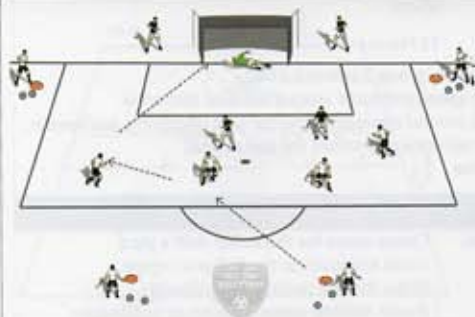
Progressions

Increase/decrease complexity of passing.
 Extend area size and shooting distances.
 Groups switch sides.
 Rotate goalkeepers.
 Introduce points system.

Coaching Points

Good first touch and sharp passing.
 Assess goalkeepers position - aim for far corner.
 Different finishing techniques.
 Follow up for rebounds.
 Communication.

Session Part: Game Scenario



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Organization

Time: 15

Area: 35x30
 Numbers: 12 Players

4v2 in the marked out area area - 1 goalkeeper.
 4 players (servers) stationed around the area with 2 balls each, numbered 1-4.
 2 additional defenders stationed at side of the goal - rotate every 2 mins.
 Coach calls out a number - that player passes into one of the four forward players who attempt to score.
 If defenders steal the ball they aim to pass back to a player on the outside.

Progressions

Rotate servers every 2 mins.
 Rotate defenders every 2 mins.
 Increase/decrease area size.
 Set time limits for forwards to score.

Coaching Points

Awareness of the ball, team mates and space.
 Quick decision making - pass, shoot or dribble.
 Plenty of shots on goal.

Session Part: Small Sided Game



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Organization

Time: 15

Area: 40x35
 Numbers: 12 Players

4v4 - 2 goalkeepers - 1 player from each team at the side of the goal.
 Normal game with ball restarting from coach if it goes out of bounds.
 Team attempt to create goal scoring opportunities.
 Player at the side of the goal cannot be tackled and aims to set the ball for forwards to shoot.

Progressions

Limit the number of touches on the ball.
 Introduce forward passes only.
 Server at the side of goal switches sides frequently.
 Free play 6vs6.
 Points for different types of finishes.

Coaching Points

Sharp passing combinations.
 Movement off the ball to create space.
 Good first touch to get a quick shot on goal.
 Assess goal scoring options with composure.