

Topic: **Finishing & Scoring**

 Objective: **To increase and develop goal scoring opportunities with team mates.**
**Session Part: Warm-up**

**Session Part: Technical Fundamentals**

**Session Part: Game Scenario**

**Session Part: Small Sided Game**


Organization	Time:
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Area: 30x25	
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Numbers: 12 Players	
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2 equal groups working side by side - healthy supply of balls.  
 Player A passes the ball to player B who turns and passes to player C at the top cone.  
 Player C dribbles towards goal and finishes in the open goal.  
 Player A replaces player B, player B replaces player C as the goal scorer, player C joins back of the line.  
 Exercise repeats once all players are set and ready.

Progressions	Coaching Points
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Combination play between players A and B.  
 Add a goalkeeper.  
 Add targets for players to aim for.  
 Add a defender.  
 Increase/decrease shooting distances.

Sharp passing and a good first touch.  
 Dribble at speed to build momentum.  
 Relax and raise your head before striking at goal.  
 Hit the target.

Organization	Time:
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Area: 50x35	
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Numbers: 12 Players	
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2 equal groups split either side of the field A & B.  
 2 goalkeepers in the goals at either end - healthy supply of balls.  
 Field A - 3 Players numbered 1-3 have 2 balls each on the outside and pass into forwards on coaches command to shoot. Forwards can combine before shooting at goal.  
 Field B - 3 players in central zone are numbered 1-3, play the ball into a forward who turns and shoots.

Progressions	Coaching Points
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Players rotate roles - suppliers/forwards.  
 Introduce points system and targets in the goal.  
 Add a defender.  
 Set a time limit to score within.  
 Rotate goalkeepers.

Positive attitude to score goals.  
 Good first touch or shoot first time if possible.  
 Assess the goalkeepers position and stance.  
 Composure and different types of shooting in front of goal.

Organization	Time:
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Area: 50x35	
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Numbers: 12 Players	
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2 equal teams - 3v2 in each half of the field with 2 goalkeepers.  
 Play begins with coach passing into one of the 3 forwards in each half of the field.  
 Forwards attempt to shoot on goal quickly or combine before striking at goal.  
 Central zone marked out (5x35) is for defenders to dribble the ball into if they steal it.  
 Rotate forwards and defenders every 5 mins.

Progressions	Coaching Points
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Flip the overload - 2 forwards, 3 defenders.  
 Decrease area size.  
 Set time limits for forwards to score within.  
 Introduce points system.

Positive attitude to scoring goals.  
 Create space with a good first touch.  
 Decision making with team mates.  
 Get early shots off putting defenders and goalkeeper off balance.

Organization	Time:
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Area: 50x35	
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Numbers: 12 Players	
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2 equals teams of 4v4 - 2 goalkeepers with 2 neutral players in central zone.  
 2v2 in end zones in front of goal.  
 Coach begins play passing into neutral players who then pass into attackers in either end zone.  
 Neutral player who passes the ball can enter attacking zone to create a 3v2 overload.  
 Game restarts with coach playing into 2nd neutral player who attacks the other end and repeats.

Progressions	Coaching Points
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If defenders steal the ball they play into the neutrals who then attack with their team at the other end.  
 Set time limits for teams to score within before possession changes to the other team.  
 Free play.

Decision making - 1v1 or combine to shoot.  
 Good, positive first touch to create space.  
 Assess goalkeepers position to then decide on goal scoring technique.