



Finishing Session

Date: | Team: **Soccer Specific** | Duration:



1

Setup: Two teams of 4: each player with a ball and each numbered 1, 2, 3, 4. Two full-size goals with keepers.

Instructions: Players dribble freely in the central area.

Coach (C) calls out a player number; the two players must immediately attack their opponents goal and attempt to finish / score in the attacking zone. In the diagram; Coach has called "three" - both number-3's have dribbled into the attacking zone to score.

Progression: 1 ball between the same numbered players, go 1v1 to opponents goal.

Coaching Points: Head up - awareness of keeper's position, Shot selection, surface used, foot selection, location of finish, composure.

Ideas: pace, far post, across keeper, through legs, toe poke, around keeper, over keeper, deception.



2

Setup: Two teams of 4: each TEAM with 1 ball. 3 Players positioned in the central zone / 1 Target Player positioned in the Attacking zone as shown. Two full-size goals with keepers.

Instructions: Teams pass and move in central zone; teams complete a designated number of passes (2, 3, 4 etc), then play into Target (T), 1 player supports the pass by running forward into the Attacking zone - Player must attempt to finish/score.

Play is continuous.

Progression: Play 3v3 in middle zone, look to play into target and combine for finish, defender can track runner.

Coaching Points: Vision to find target.

Lay off from target - texture.

Support run - speed, timing, location, adjust to finish. Awareness for rebounds.

Ideas: Deception to play target, creativity of target player, creativity in the finish, pull back.



3

Setup: Two teams of 5 + Gks. 3v3 in Central Zone with 1v1 in attacking zones.

Instructions: Teams compete for possession in the Central zone; Players must look to pass forward to their Target player - 1 player must break forward to support the Target player in the attacking zone and attempt to score; Target player may also choose to turn and finish.

Progression 1: Defender can make recovery run into attacking zone.

Progression 2: Add a second supporting attacker into attacking zone to create overload (3v2+GK) and additional options.

Coaching Points: As above.

Adjust for recovering defender - pressure from behind, communication from support player(s), alive to pull back, rebounds, etc.



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Setup: Two teams of 5 + Gks.

Normal rules apply.

Offside zone in effect.

Instructions: Teams compete for possession and attempt to score in their opponents goal.

Play is continuous.

Coaching Points: As above.

Game application.

Take responsibility - want to score.

No ugly goals.

4

