

Drill Name: Finishing #1

Set up :

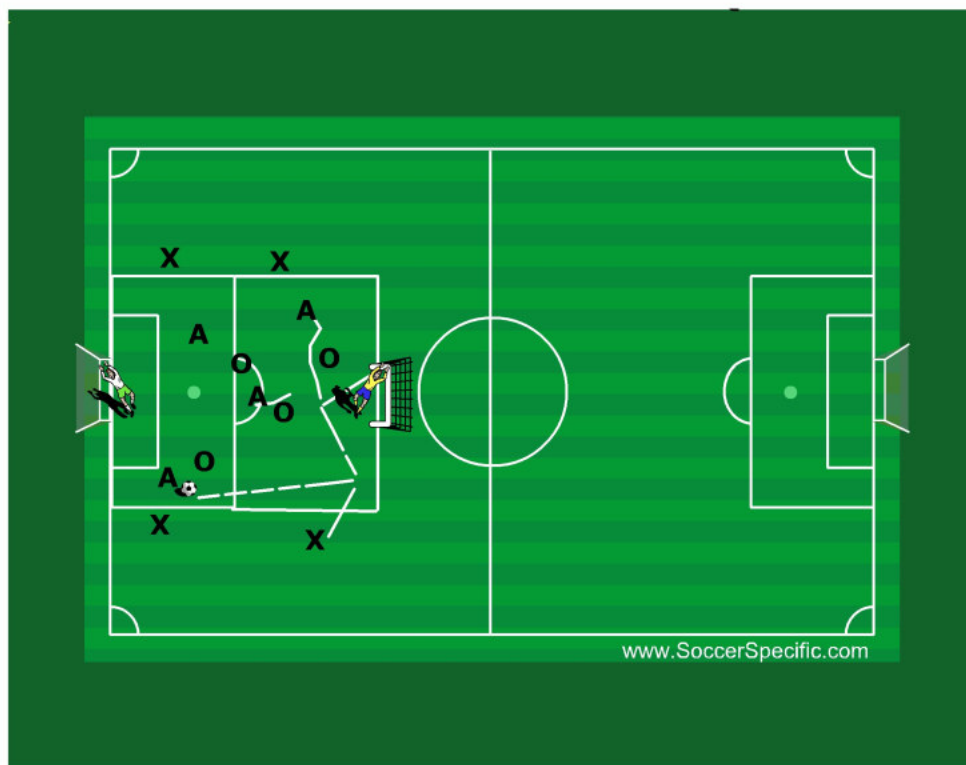
44 by 50 yds,w/18 yd box defined
Change sides of approach for players.
Add wide service
Add defender

Instructions:

Warm Up
Technical and Tactical aspects of finishing, off dribble, on the turn, finishing central and from wide service,
1v1
Goalkeeper warm up @ same time to begin

Coaching Points:

Tactical implication of technique
Preparation to finish, body position, choice of surface, power vs. placement, speed of play, creating space to finish, timing of runs, tactics of finishing



Drill Name: Finishing #2

Set up :

2x18 yd box

Neutral players on the side, one touch only, players on side at the end of the attacking team may enter the field of play for one touch, however they can not score.

4v4/5v5 or three teams

Extra balls in goals

Corner kicks team maintains possession

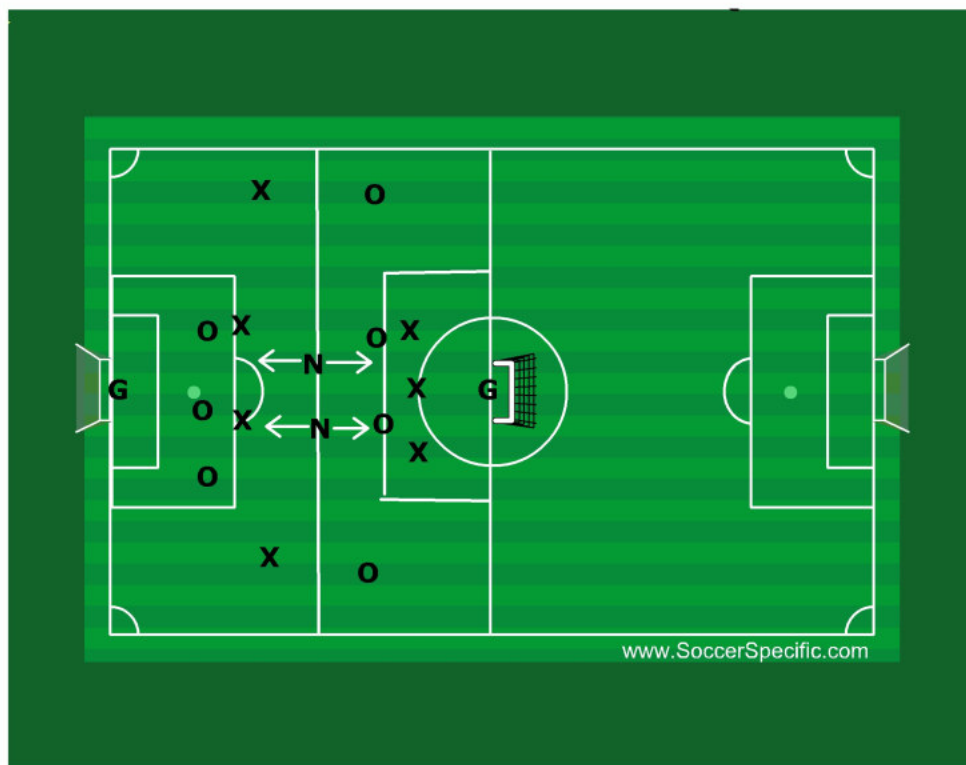
Instructions:

Free play, limited number of touches to finish.

Technical and tactical repetitions under pressure

Coaching Points:

Tactical implication of technique, preparation to finish, body position, choice of surface, power vs. placement, speed of play, creating space to finish, timing of runs, tactics of finishing, decision to finish to create opportunity for other



Drill Name: finishing #3

Set up :

2 X Attacking 3rd of the field

Play 18 yd box offside line

7v7+2

FINAL GAME 8V8 (3-3-2) (4-2-2) (3-4-1)(2-4-2)(4-3-1)

System of play will be based upon your system of play and the reinforcement of players roles and functions in relation to the framework from which to attack and finish.

Field add 10 yds 70 yds long, place off side line 30 yds from each goal. Add the offside law for this game.

Instructions:

Functional finishing

3v5 to 5v3 in attacking half of the field, play only in your respective half of the field, neutral players play always for the attacking team.

Free play, touch restrictions

Coaching Points:

Roles and functions of players in relation to finishing and creating opportunities.

Tactical implication of technique

Combination play to create opportunities

1v1, number up, numbers down in attacking

Preparation to finish, body position, choice of surface, power vs. placement, speed of play, creating space for self and others, timing of runs, tactics of finishing.



Drill Name: Warm Up Goal Scoring Opportunities, wide positions

Set up :

Half field players working in twos on the technical and tactical aspects of getting behind the defense in wide positions to create goal scoring opportunities centrally.

Instructions:

WARM UP: TECHNICAL/TACTICAL
 Groups of 2 players passing and moving.
 Passing long and short.
 Receiving on the run, across body.
 1v1 dribbling possession (1), penetration (2).
 Review combination play wall passing (A), double passing (B), over lap (C)

Coaching Points:

Tactical implication of technique.
 Combination play roles of players, timing of runs, recognition of space behind the defense and how to take advantage of it.



Drill Name: Goal Scoring Opportunities, wide positions

Set up :

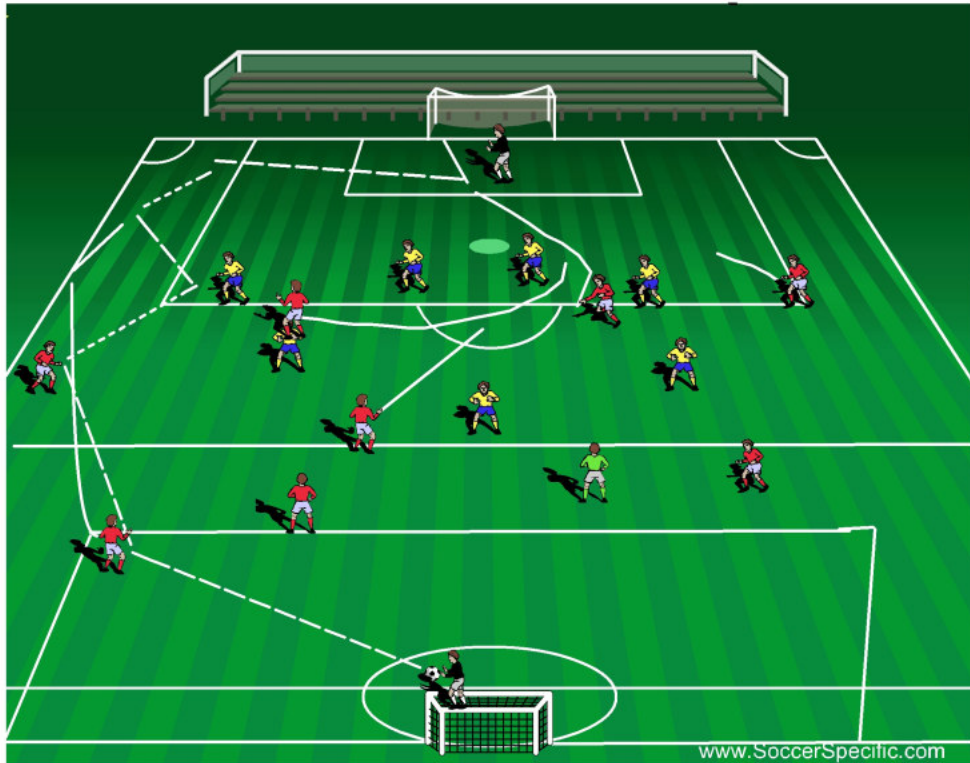
2X Attacking 3rd of the field
 18 players, 8v8+2, 3v5 to 5v3 for both teams attacking half, neutral players always on attacking team.

Instructions:

Players play only in their respective half of the field, neutrals players play both ends
 Defenders are allowed to go wide to defend flank players.

Coaching Points:

1v1 on the flanks recognizing when to take players on/when to combine.
 Changing the point of attack and rhythm of play to get behind the defense.
 Crossing technical and tactical aspects.
 Creating space centrally and timing of the runs in the box.
 Finishing technical and tactical aspects
 Combination play wall passing, double passing, third man combination.



Drill Name: Goal Scoring Opportunities final

Set up :

2 X attacking 3rd of the field, adjust the half line (making space larger) for the team that you are training.
Functional organization of players, 1 neutral player, team being trained 9v7 attacking to 8v8 defending.

Instructions:

Play the offside law going in the direction of the larger area, 18 box offside line the other direction.
9 players ability to possess the ball and work to create opportunities wide to get behind the defense.
Although both teams can train at the same time.
Final game 8v8

Coaching Points:

Roles and functions of players, combination play on the flanks (over lap), timing of runs in the box, finishing technical and tactical aspects, creating space central and timing of runs in the box, changing the point of attack and rhythm of play, tactical implication of technique, 1v1 attacking w/wo the ball, recognizing when to play wide and when not to to create opportunities.