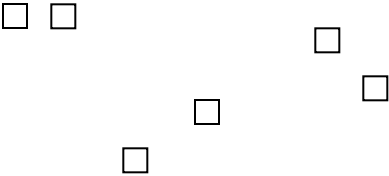
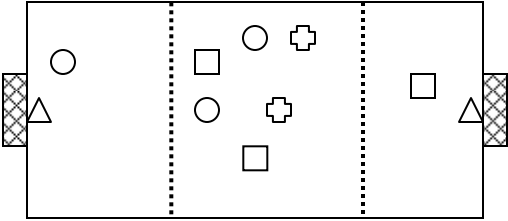
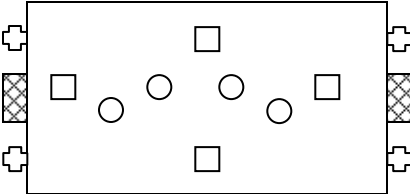
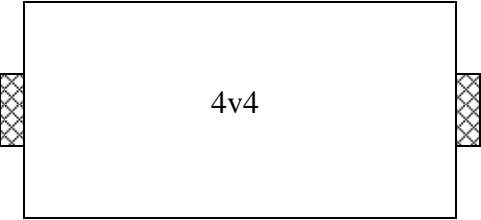




Name: Matt Callahan

Topic: Finishing

Date:

| <p>FUNDAMENTAL – WARM UP</p>  | <p>ORGANIZATION</p> <ul style="list-style-type: none"> Everyone needs to partner up Pairs use instep to kick ball to each other <p>Progressions: Specify what foot they must kick with.</p> | <p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> Ankle locked Solid contact Follow through Watch the ball |
|---|---|--|
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> Play 3v3 plus 2 (three field players, a GK, and two neutrals) in a 54-x-44 yard area The area is divided into three 18 yard zones All players are restricted to the center zone except for one All shots must be taken from the center or rear zone, lone player in attacking zone can follow up on shots Ball can be played to lone attacker who lays ball back for shot <p>Progressions: Give extra points for shots made one touch and for goals made by using the non-dominant foot.</p> | <ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power |
| <p>MATCH RELATED ACTIVITY</p>  | <ul style="list-style-type: none"> Play 5v5 (four field players and a GK) in a 36-x-44 yard area Two neutrals are assigned to each goal line, one on each side of the goal Team with most goals after five minutes wins <p>Progressions: Give extra points for shots made one touch and for goals made by using the non-dominant foot.</p> | <ul style="list-style-type: none"> Approach the ball at a slight angle Plant foot next to ball pointed in direction of target Ankle locked Body over ball – momentum forward Follow through Land on kicking foot Watch ball Placement versus power |
| <p>MATCH CONDITION GAME</p>  | <ul style="list-style-type: none"> Play 4v4 No restrictions on players Play with shorter field to encourage more shooting | <ul style="list-style-type: none"> Observe to see if session has helped with finishing ability |