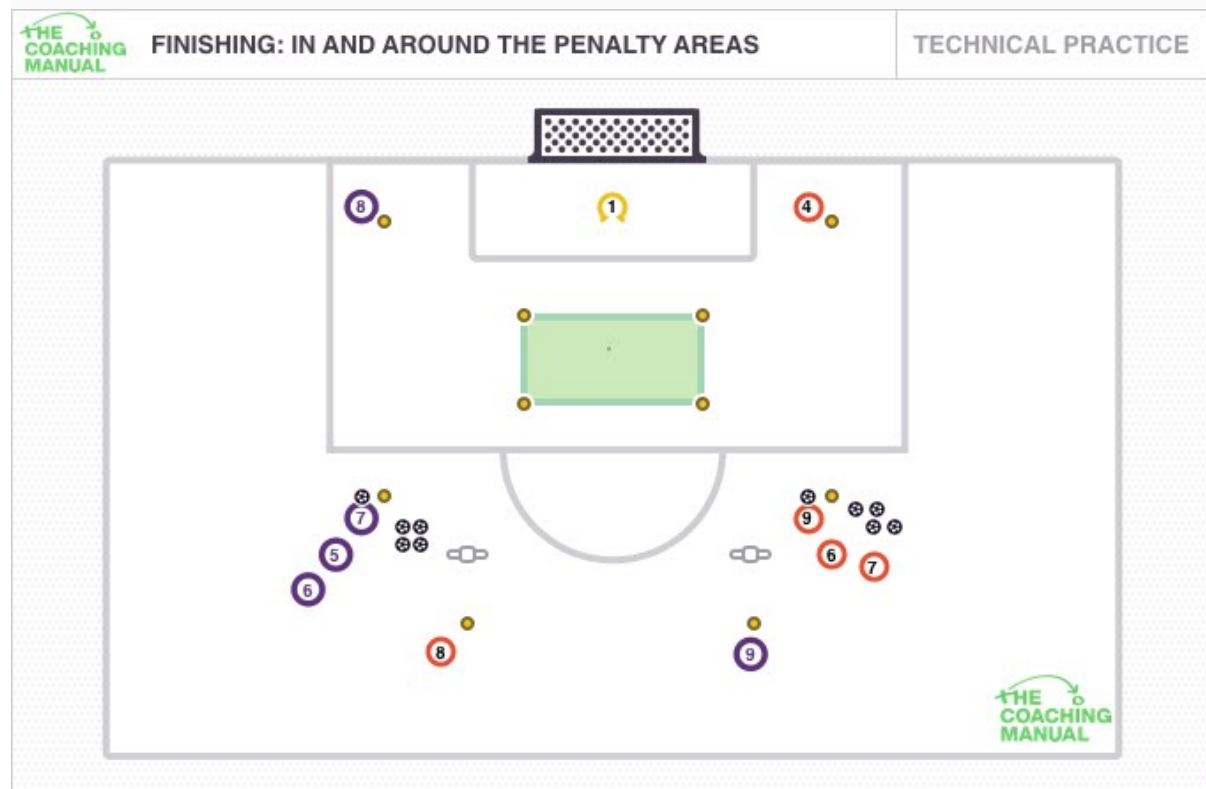


Set Up

- 15 mins
- 12 players
- 8 balls
- 12 bibs
- 6 cones
- 18x36 area



Key Coaching Points

- Quality of finish from inside the area

Players to use a variety of shots to finish from inside the area to score past the goalkeeper. This could be shots like side foot shot, placement shot or even a power shot from close range.

- Quality of pass to the finish

Passers of the ball must provide quality passes into the zone with the correct weight and accuracy for the attacker to finish and shoot at goal.

- Movement to the central zone

Strikers who receive on the inside should look to create movements to get a good angle to finish on goal.

Setup

The sequence of pass play down to the player nearest the byline. The striker (player moving into the box) creates movement to lose the defender (Mannequin) to then run into the area around the penalty box to finish. Players then rotate positions with the finishing player becoming the player on the byline, the player on the byline becoming the initial passer, and the initial passer becoming the striker. Also rotate sides so players finish from left and right.

Make it easier:

1. Start with the hands
2. Can touch the ball as many times as they want once receiving from the targets

Make it more challenging:

Make it more challenging:

1. Reduce size of playing area
2. Add defenders
3. Add another passing sequence from a different position
4. Challenge players individually