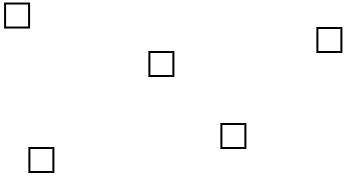
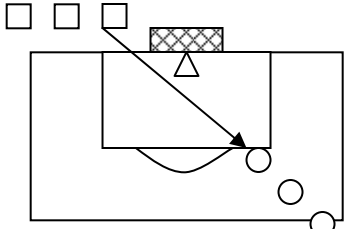
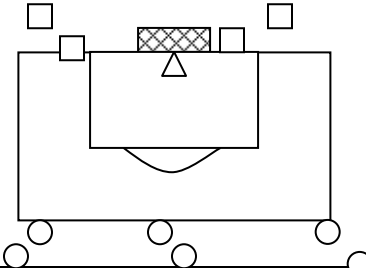





Name:

Topic: Finishing

Date:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>Everyone needs a ball</li> <li>Players must toss ball to themselves and kick ball straight up in the air using their instep</li> <li>Progress to partnering up and kicking ball back and forth using instep</li> </ul> <p><b>Progressions:</b> Specify what foot they must kick with.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>Ankle locked</li> <li>Solid contact</li> <li>Follow through</li> <li>Watch the ball</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>One line stands next to goal post, while other stands a few yards from the D</li> <li>Line by goal post passes to line by D and then pressures</li> <li>Rebounds are live</li> <li>Switch lines after each turn</li> </ul> <p><b>Progressions:</b> Have the defender start off playing passively and have them become more aggressive as the drill goes on.</p>	<ul style="list-style-type: none"> <li>Approach the ball at a slight angle</li> <li>Plant foot next to ball pointed in direction of target</li> <li>Ankle locked</li> <li>Body over ball – momentum forward</li> <li>Follow through</li> <li>Land on kicking foot</li> <li>Watch ball</li> <li>Placement versus power</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>Similar to above, but instead of 1v1, it is 3v2</li> <li>Switch teams after four minutes</li> </ul> <p><b>Progressions:</b> Goals scored one touch count double. Goals scored with non-dominant foot count double.</p>	<ul style="list-style-type: none"> <li>Approach the ball at a slight angle</li> <li>Plant foot next to ball pointed in direction of target</li> <li>Ankle locked</li> <li>Body over ball – momentum forward</li> <li>Follow through</li> <li>Land on kicking foot</li> <li>Watch ball</li> <li>Placement versus power</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>Play 4v4 in a 40-x-25 yard area</li> <li>A line of cones should be made approximately 16 yards from each goal</li> <li>Teams get two points for scoring when a shot is taken from the middle zone, and only one point for a goal made from anywhere else</li> <li><b>Progressions:</b> Remove the line and just let them play</li> </ul>	<ul style="list-style-type: none"> <li>Observe to see if session has helped with finishing ability</li> </ul>