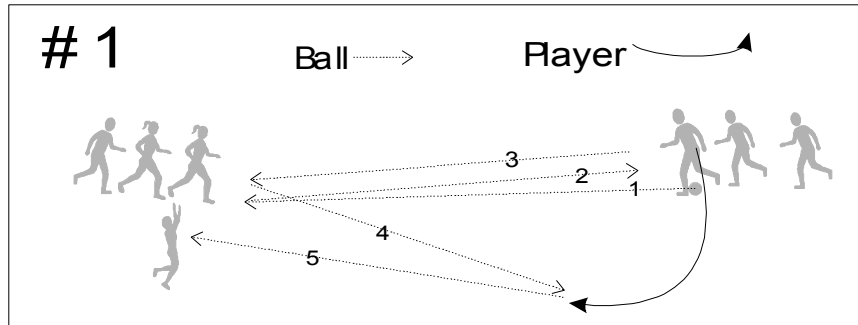


# Maximizing Finishing Opportunities in and around Penalty Area

## **Rudy Zeller – LASCA, National Staff Coach**

**Warm-up #1** – 2 lines facing each other 15-20 yards apart. With one touch player with the ball uses a , instep drive to pass to opposite line. Opposite line player walls the ball back to the beginning passer. The



beginning passer returns the ball to the wall player, who passes back to the inside of foot of the beginning passer. The beginning passer then takes a shot on keeper who is beside start of wall line. Shooter and wall players switch lines.

**Coaching Point:** Emphasized accuracy of both shots

**Warm-up #2** – Moved to using outside of foot bender for the first shot (toe down) and a toe poke finish on keeper.

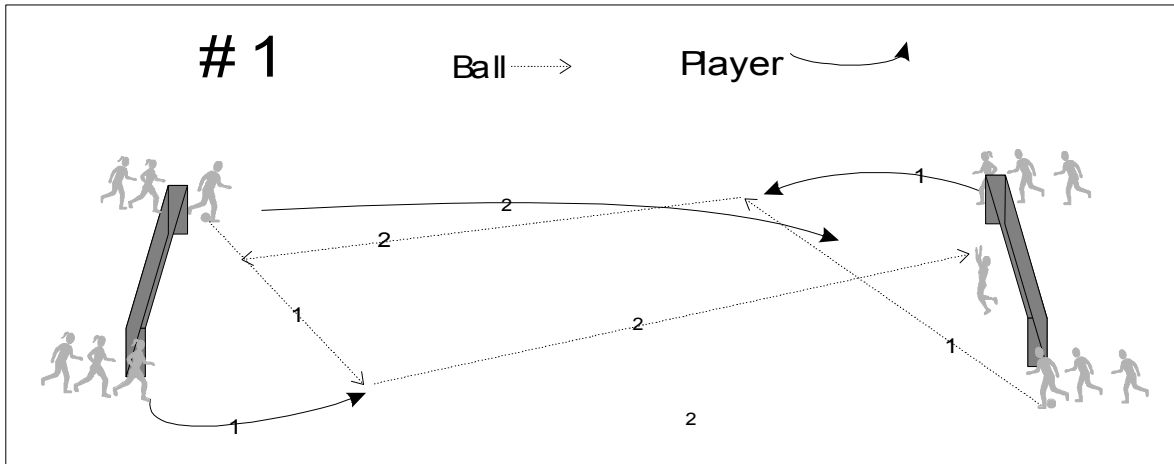
**Coaching Point:** Emphasized in close to keeper using toe poke or short chop with inside of foot so the keeper doesn't have time to read what you are doing.

**Warm-up #3** – Moved to outside bend on first shot and a chip over a keeper going down on second

**Coaching Points:** When using inside of foot to bend have toe up and for the chip over keeper, he emphasized for the shooter to jab it.

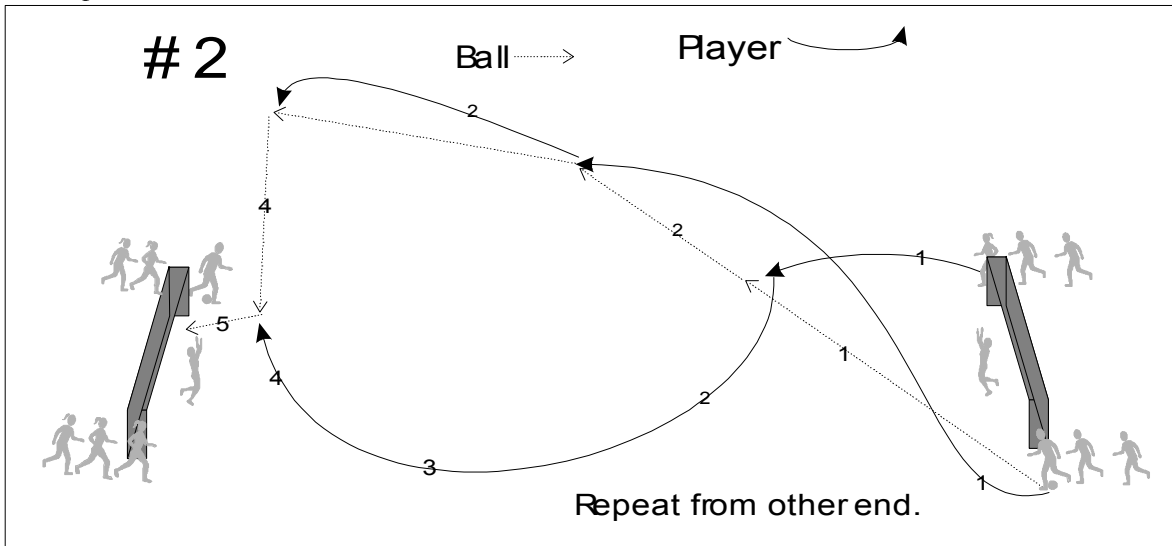
**Warm-up #4** – Moved to player using what ever you think will work

**Drill #1** - lines of three on each goal post with two goals facing each other. Keeper in each goal. One post feeds a ball to a player coming forward from the other post for a shot. Start from both ends for rotation, let the keeper recover before next pair of players start.



**Coaching Points:** Emphasized player attacking at penalty spot so can shoot to either side of keeper. Emphasized playing ball low to either side of keeper or bender. Lots of goals occur from penetration

**Drill #2** – Changed to working on finishing overlaps. The first passer overlaps and get ball back from 2<sup>nd</sup> receiver. The overlapping player takes the ball to the corner. The 2<sup>nd</sup> receiver sets up far post and comes to near post to finish ball.



**Coaching Point:** Stutter step before hitting ball with your feet close together

**Drill #3** - Moved to a passing combo. The two players take a couple of passes, then play the ball into corner and back into far post for finish.

**Coaching Point:** Strike the ball with feet close together and your shoulder and hips facing the goal.

**Drill #4** – Use an instep shot, inside bender or outside bender for the shot. He used 3 passes and a longer shot on goal.



**Drill #13** - Moved to the first 4v2 to take long shot and then strikers would work for the rebound  
**Coaching Points:** The ideal distance from goal to goal would be 40-45 yards. He emphasized the players should use a stutter step into their shot.

**Drill #14** - Had the 4's on each end playing together so they could pass a 4 player on other end who lays back in to long zone for a shot.

**Drill #15** – He positioned a player near each post on the end line and made it 4v4 on field. The players near posts on the end can help the four on offense in their end as walls. The end players rotated with a group of 4 that were on the field after a score.

**Drill #16** – Same as previous except the players must shoot on the next touch when the coach says “shot.” If the player fails to take shot they must drop and do 3 push ups.

**Drill #17** - Finished with a 6v6 game that he organized into a 3-2-1 alignment.