



09G Premier - Close Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 13-Sep-2019 17:00h

Am-Club: Rio Rapids Soccer Club
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Description

Topic: Close Range Finishing

Phase: Create Scoring Chances

Principle: Create Space for Yourself Away from Defenders

West Ham Finishing (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*3 teams of 3 players + 2 GK's

*3v3 + 3 Target/Bumper Players on Endlines to Full Size Goals with Goalkeepers

*34 yds L x 30 yds W Field

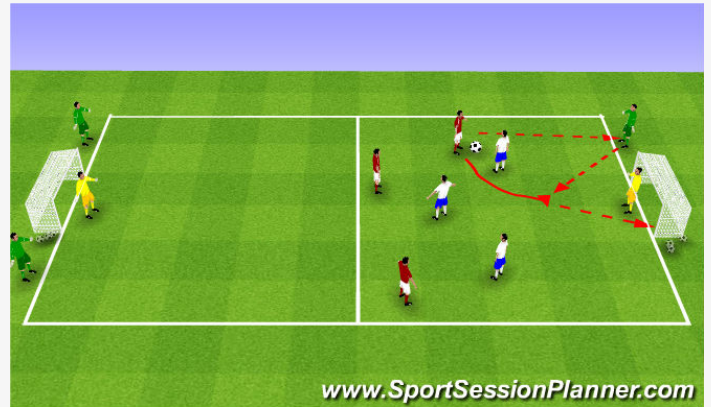
COACHING POINTS:

*Attacking mentality - thinking shot as your first option whenever you get the ball

*Creating/finding space away from defenders to receive the ball to finish

*How to use extra bumper/target players to create space for you or a teammate to shoot

*Using proper finishing technique based on distance from goal



Technical Shooting in Penalty Box (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Attacker sets up next to mannequin/defender and fades off them to the side to get open

a) Defender does not follow attacker - pass delivered to attacker who takes a touch to break the defensive line to goal and finish with second touch

b) Defender marks attacker tightly - attacker makes run to get ball in the space behind where the defender started

*Passer replaces shooter, shooter replaces player next to goal, player next to goal into goal, goalkeeper to passer

*Play 1/2 the time with ball coming from left to receive across body and shoot with right foot and then 1/2 the time with the ball coming from the right to receive across body and shoot with the left foot

COACHING POINTS:

•First touch that prepares ball and body to shoot - selection of shooting surface, weight and location of shot

• Movement of A to create space away from the defender to get the ball, making a good angle to receive the ball & strike on goal.

• Look over inside shoulder whilst moving to receive, adjusting body shape accordingly.

• 1st touch to break defensive line, attack center of goal and to set-up opportunity to strike at goal.

• Composure, accuracy & power are of paramount importance.

• Observe (if possible) position & movement of GK.

• Decide technique to employ to beat GK with strike.

• Execute contact with precision.

• Follow for second chance/rebound scoring opportunities



3v3+4 to Full Size Goal (PART-TACT) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Field size - 28 L x 30 W
- *3v3+4 with perimeter players limited to 2-touch
- *Yellow team attacking goal to start with white bumpers/outside players available to support play
- *When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense
- *Make it - take it
- *Coach plays ball into attacking team whenever goal is scored or ball goes out of play

COACHING POINTS:

- *Movement to create space to receive the ball and shoot
- change speed: explosive and unexpected movement to get into an open space
- change direction: 1st movement away from where you want to get the ball and then exploit space
- using body contact: nudge or post defender to create space to score
- blind spot: starting position in the blind spot of the defender so that they lose sight of you
- *Using proper finishing technique based on distance from goal



4v4+1 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *4v4+1 to Full Size Goals with Goalkeepers
- *34 L x 30 W Field

COACHING POINTS:

- *Attacking mentality - thinking shot as your first option whenever you get the ball
- *First touch and footwork/body preparation to execute shot
- *Receiving ball faced up or on half-turn to be able to shoot
- *Creating/finding space away from defenders to receive the ball to finish
- *Selecting proper surface of foot to shoot, weight and placement of shots

