



## 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

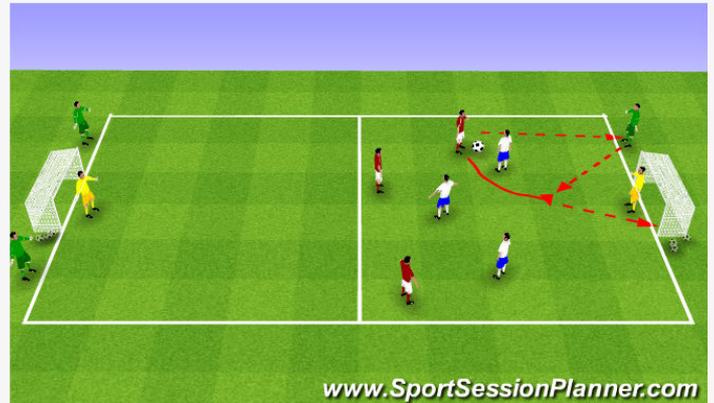
#### COACHING POINTS:

\*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.

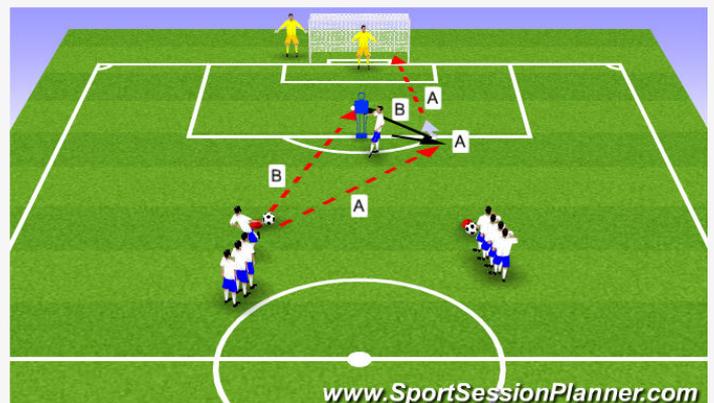
• Composure, accuracy & power are of paramount importance.

• 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

