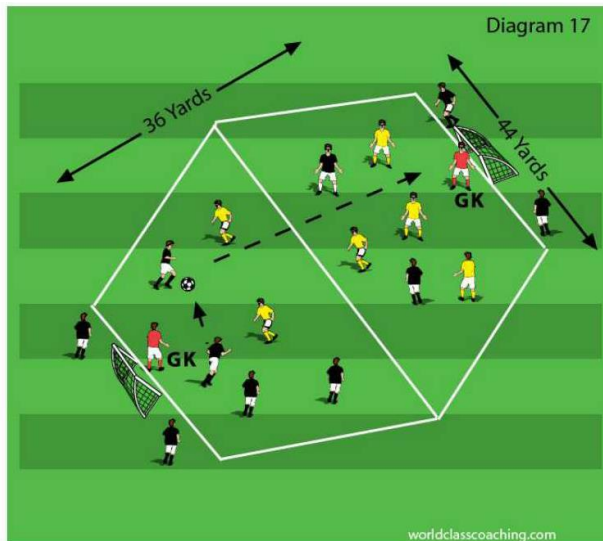


## Finishing and Striking Drills and Games Adapt them for your age group

### Exercise 1.



### Diamond Shooting

The field in diagram 17 is 36 x 44 yards. However, the sidelines are tapered in toward each goal giving a diamond-type shape. This stops the players from taking the ball out wide and taking shots from difficult angles.

Balls are placed in each goal with a player at each side of the goal to retrieve balls. Players are organized into 4 v 2 in each half. Players can only stay in their own half of the field. The four players can only score from their own half of the field. The two forwards can follow in for rebounds. Goalkeepers can only pass the ball into their own half. Defenders are limited to two-touch and any player that shoots the ball over the crossbar is replaced by one of the fielders.

### Coaching Points

- Take the first shooting opportunity
- Attempt to shoot on the first-touch whenever possible
- Follow shots in for rebounds

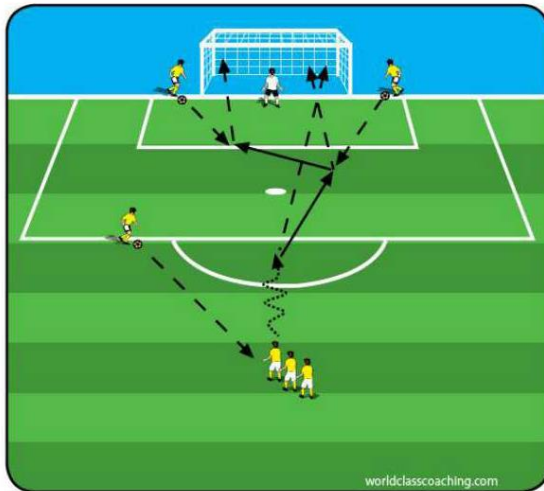
### Progressions

- Use one of the two forwards as a target man
- One of the four players can join the attacking half with the ball



## Finishing and Striking Drills and Games Adapt them for your age group

### Exercise 2.



### Exercise

#### Shooting Drill (3 Tier Finishing)

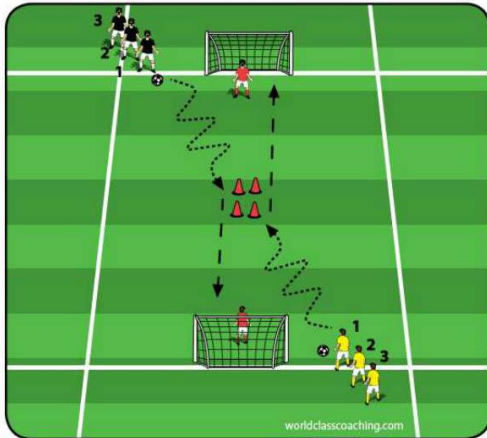
The player begins by receiving a ball from C1 at the top of the circle. They dribble to the 18 yard box and shoot. They continue in to the 18 yard box and receive a volley shot from AC. They then shift to C2 for a head ball. The GK tries to save the shots.

### Coaching Points

This is not about technique or finishing ability. This is all about fatigue and finishing in the 90th minute of a game. Don't focus on correcting technical points. Encourage and support the players by challenging them to elevate their play while obviously very tired.

## Finishing and Striking Drills and Games Adapt them for your age group

### Exercise 3.



#### Fake and Shoot

##### Instructions

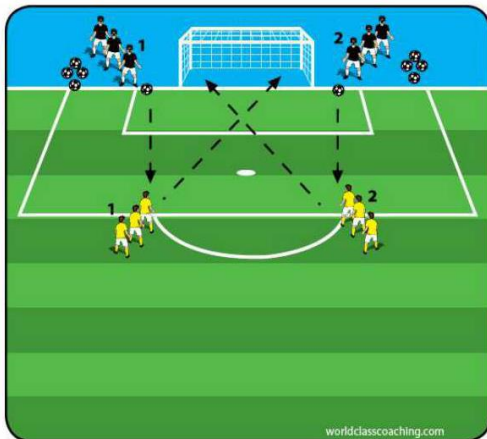
- X1 and O1 dribble ball to centre square
- Players use move and take ball to the right
- Players shoot and try to beat goalkeepers
- Players join end of opposing teams line

##### Progression

- Players use new fake/move each go
- Make players take ball to left as well as right
- Bring in passive or active defenders
- Play ball in from opposite corner then
- Players attack the goals

##### Key Factors

- Concentrate on the shot after the move
- Keep head up and decide early what you will do
- Attack with pace and purpose
- Work on both feet and taking the ball both ways
- past the defenders



#### Four Lines

##### Instructions

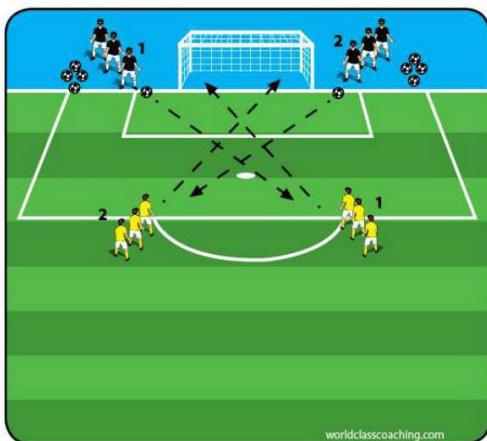
- Four lines of players with equal numbers
- X1's pass ball to O1's who shoot first time at the goal
- Players swap lines
- X2's then serve to O2 who shoots and drill continues in sequence

##### Progression

- make players swap sides
- Players throw balls in for volleys
- Players chip ball in for partners to control and shoot
- Bring in a goalkeeper and /or passive defenders

##### Key Factors

- quality of service into strikers
- angle of approach to the ball
- aim for opposite corners
- follow through and react for rebounds
- look at GK's positioning



#### Passing Through Gates 1

##### Instructions

- Four lines of players with equal numbers
- X1's pass ball to O1's who shoot first time at the goal
- Players swap lines
- X2's then serve to O2 who shoots and drill continues in sequence

##### Progression

- Players swap sides
- Players throw balls in for volleys then chip ball in to control and shoot
- Vary servers position –put them wider for full on crosses
- Bring in a GK and / or defenders

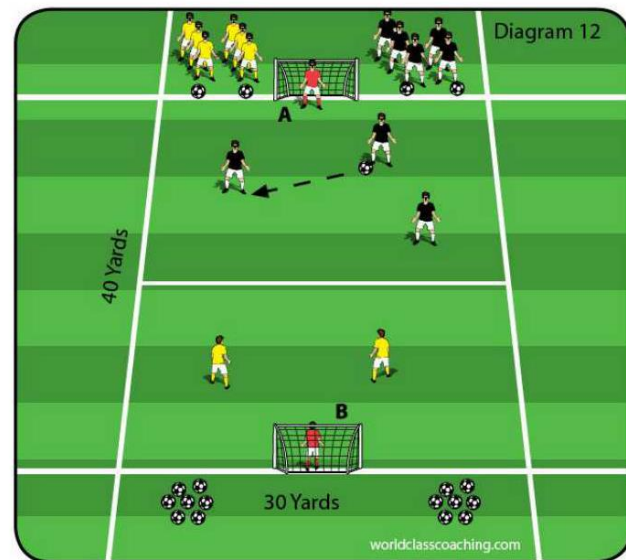
##### Key Factors

- Serves or crosses must be at good pace to hit
- Make an early decision on the strike depending on the service
- Control out of feet to set upstrike
- Shoot low and across thgoalkeeper

## Finishing and Striking Drills and Games Adapt them for your age group

### Exercise 4.

- Keep score. The first team to 25 points wins
- One point for a shot on target, 3 points a goal scored
- Team loses 5 points for shot over the crossbar
- Have teams shout out the score so they are into the game, concentrating, focused, etc.
- Keeping score psychologically prepares players for taking responsibility to shoot
- Players learn to use better shot selection and keep the ball on target
- Person who shoots and misses or shoots and scores always becomes the defender and needs to concentrate on recovery runs
- When defenders back up, encourage players to take the shot
- Encourage players to run at defenders and when they commit themselves, to slip the ball to an open teammate to shoot
- Encourage attackers to get the two defenders turned towards each other to make a 2 v 1 situation into a 1 v 1 situation
- Progress to 3 v 2 in each half then take off the restrictions and play 6 v 6, 7 v 7, etc.



### Coaches Comments

This exercise is based on a basketball drill that is used by the men's team at Duke University and has become the favorite exercise of the players at St. Louis. The main objective of the exercise is to attack the instant the ball is won. As the opposition has pushed numbers forward, it will create a numbers-up situation for the team who wins possession. If the counter attack is slow, then the defending team can get players back behind the ball.



## Finishing and Striking Drills and Games Adapt them for your age group

### Exercise 5.

Session Topics - Attacking, Goalscoring, Defending, Tackling, Counter-Attacking, 1v1

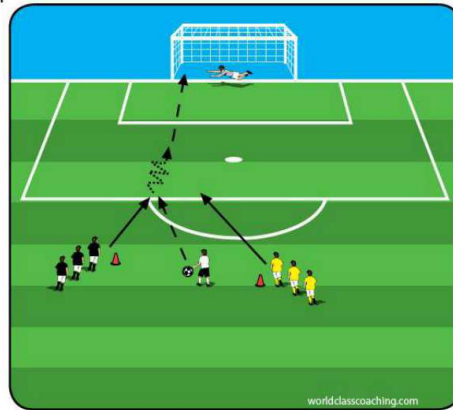
#### Exercise 1

##### Coaching Points

- Chasing Player – Really try to stop him scoring
- GK – if the forward pushes it out to far – come and smother it
- If you don't score – make the keeper make a save

##### Progression

Intercept the pass and go for goal



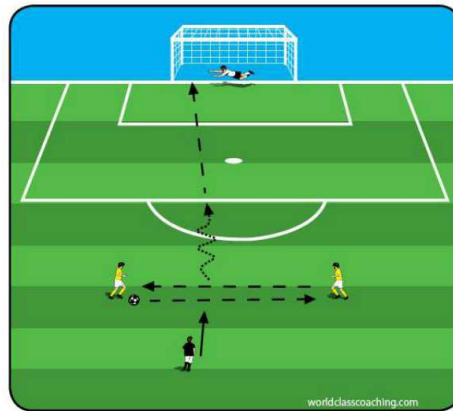
##### Coaching Points

- Your first touch should be into the heart of the defense
- Pinch it
- Don't take your first touch towards the defender
- Take your first touch back across your body and away from the defender
- Restriction – Attacking player has a maximum of 3 touches to score

##### Coaching Points

- Change of Pace to lose the chasing defender
- Protect the ball with your first touch
- Take your first

**Progression** - 3 v 3 and intercepting player



##### Coaching Points

- After you intercept the ball – your first touch should be a pass into the striker
- Striker use intercepting player as support or turn the ball around the corner
- Counter Attack – play quick, fast, and direct
  - Don't have two touches
  - Exploit the supremacy of numbers quickly

