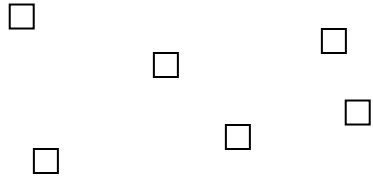
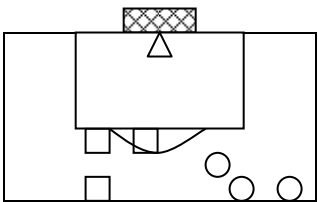
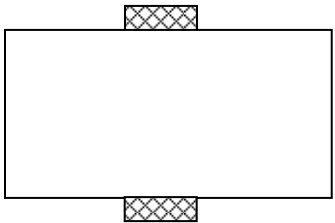
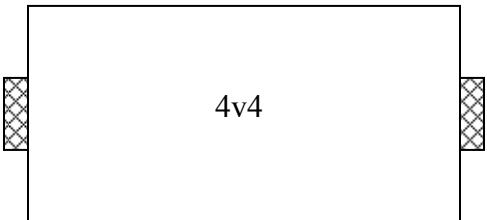




Name:

Topic: Finishing

Date:

<p>FUNDAMENTAL – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three people – moving and passing <p>Progressions: High emphasis placed on combination play/creative attacking</p> <ul style="list-style-type: none"> ○ Overlaps ○ Wall pass ○ Double pass ○ Takeovers 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Solid contact ▪ Follow through ▪ Watch the ball
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Split team into two lines ▪ One person from one lines stands in D ▪ Goalie throws ball to person in D, who has 5 seconds to beat the keeper and score ▪ Whichever team had more goals after 5 minutes wins <p>Progressions: Give extra points for shots made using the non-dominant foot.</p>	<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball ▪ Placement versus power
<p>MATCH RELATED ACTIVITY</p> 	<ul style="list-style-type: none"> ▪ Scrimmage 4v4 on a 30-x-45 yard area ▪ Goals very close together to encourage lots of shooting <p>Progressions: Give extra points for shots made one touch and for goals made by using the non-dominant foot.</p>	<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball ▪ Placement versus power
<p>MATCH CONDITION GAME</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 ▪ No restrictions on players ▪ Play with shorter field to encourage more shooting 	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with finishing ability