

Topic: Finishing/Scoring

Objective: To develop an understanding of how to score goals both unopposed and opposed.

Session Part: Warm-up



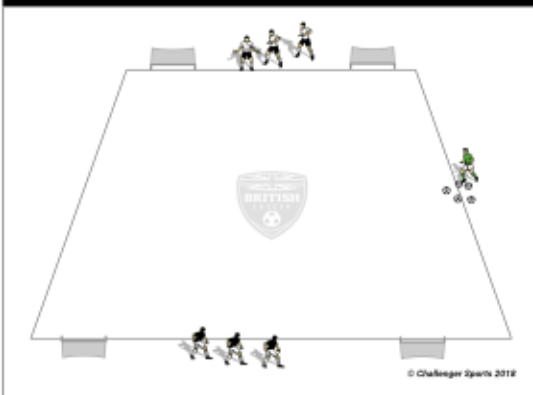
Session Part: Technical Fundamentals



Session Part: Game Scenario



Session Part: Small Sided Game



Organization	Time:	10
Area:	20x20	
Numbers:	8 Players	
1 player - 1 ball each. 1 player begins as the mud monster without a ball and attempts to tag all players with a ball. If a player is tagged they perform a ball mastery skill and hold the ball above their head. To be released, a team mate must pass the ball through the static players legs for them to be set free. Begin the warm up without a ball and have players run underneath their team mates arms.		
Progressions	Coaching Points	
Change the mud monster after 1 minute. Add an extra mud monster. Decrease area size. Increase complexity of ball mastery skills.	Close control - soft touches. Fakes and turns to keep away from mud monster. Awareness of other players and space. Changes of speed and direction.	
Organization	Time:	20
Area:	20x15	
Numbers:	8 Players	
Players split into 2 equal groups of 4. 1 goal - 1 goalkeeper in each group. Player 1 performs a zig zag dribble around cones before striking the ball at goal. Player 1 then replaces goalkeeper who takes the ball and joins the back of the line.		
Progressions	Coaching Points	
Distances and different finishing techniques. Use of both feet - groups change sides of the field. Introduce an element of competition between the 2 groups. Add a defender.	Close control - soft touches when dribbling. Big final touch at angle to approach the ball. Assess goalkeepers stance before striking. Decision making on type of finish. Hit the target.	
Organization	Time:	15
Area:	25x30	
Numbers:	8 Players	
Players split into 2 teams & into 4 corners of playing area. 1 goal - 1 goalkeeper at one end - 2 smaller goals at the opposite end - no goalkeepers. Player 1 (defender) strikes the ball to player 2 (attacker) - 1v1 scenario begins. Attacker attempts to dribble past the defender and finish past the goalkeeper. If the defender steals the ball they can score in either of the 2 smaller goals.		
Progressions	Coaching Points	
Add a second attacker. Add a second defender. Set time limit to score for attackers. Introduce points system for types of finishes.	Positive first touch from the attacker. Confidence on the ball. Use of fakes and tricks to beat defender. Composure to finish in front of goal.	
Organization	Time:	15
Area:	35x30	
Numbers:	8 Players	
1 v1 - Goals Galore 30 seconds per round. coach plays in first ball and 1 player from each team comes in and tries to score in either of the two goal. As soon as the goal is scored coach plays in another ball and game continues. After 30 seconds the next two players come in. Each goal is a point.		
Progressions	Coaching Points	
Change over who plays who	Awareness of space. Good, positive first touch. Awareness of team mates and opponents. Quick strikes on goal - hit the target with accuracy.	