

Finishing

Warm Up

Working in two's, passing and preparing the ball. Working on 1st touch, stretching the quads and hamstrings. Keep the warm up tidy. Control ball with inside of foot across body and strike pass with laces. Concentrate on accuracy and keeping low.

Fundamental

Show correct technique in driving the ball with laces, inside and outside of both feet. To keep ball low, toe down, keeping head still looking at ball, heel up, play the middle of the ball, follow through if possible, body over the ball. When bending balls, strike ball more to outside and inside of feet. Control of body is very important. Also, address volleys, breakaways, accuracy and power.

Match Related (3 Alternatives)

1. Going to one goal. Add pressure - (i.e. 2v1, 3v2). Provide target for defender if they win the ball. Looking to shoot as quickly as possible, by having body in correct position, showing good 1st touch when receiving ball. 1st touch should be away from pressure. Disguise your shots.
2. Pull one goal all the way up the field to the outer edge of the 18 yard box. Play 5v2 in an area 18x36 yards with two full size goals 18 yards apart. Play for 1 minute at a time, with the 5 having to make 5 passes before shooting. If the defenders steal the ball they go for goal also. You can add goalkeepers at any time.
3. Can play 4v4v4. Put trash can (or similar) in middle of field and have 1 ball and the three teams play against each other! To score a team simply has to hit the target. Kids will play this game forever! See if previous 2 activities bring out creativity!

Match Conditions (no restrictions)

Go to 2 goals. 3v3 or 4v4 goals close together, providing plenty of shots - looking for players to penetrate and shoot by dribbling or passing. Coach within the game.

Summary

Good technical ability will enable players to get shots at goal. But remember, lots of goals are scored by finishing with toes, heels, knees, back of the head, etc. Romario (Brazil) scored a toe-poke to beat England 1-0 in the Tournoi de France 1997 – I'm sure his coach didn't reprimand him!

Mike Smith
OYSA Head Coach

