

Rapid passing – fast finishing

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A training routine provided by Andreas Morisbak, Technical Director of the Norwegian Football Association.

Aims: • Rapid passing combinations (decision-making)
• Fast finishing (variations)

Numbers: 4 x 4 (plus goalkeepers), with four free players on the sidelines

Description: Normal play

Rules: • Goalkeepers throw the ball to a team-mate
• No corners
• After a goal, the goalkeeper of the team which scored restarts the play
• The free players can dribble the ball along the line and deliver crosses – they play for the team in possession

Duration: Five-minute periods – the free players change with one team after each five-minute period

Hints: The practice should be of a high intensity and the players should be encouraged to vary their decisions and finishing techniques

This routine first appeared in the UEFA magazine 'The Technician'

<http://www.uefa.com/TrainingGround/index.html>