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Topic: **Shooting/Finishing**

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<p>FUNDAMENTAL – WARM UP</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
	<p>- One or two grids depending on numbers with a goal to shoot on. Each player has a number 1-10. Players dribble ball until coach calls number out and they have a shot on net (No keepers). Numbers should be called out quickly, every 5 seconds.</p> <p>- Have 2 grids if numbers are high.</p> <p>Variations: Use opposite foot, combination play with a neutral player like an overlap or takeover.</p>	<p>- Look to place the ball (usually side net)</p> <p>- Head down looking at the ball when about to strike</p> <p>- Plant foot next to ball, toe pointed towards target.</p> <p>- Ankle locked, strike through middle of ball</p> <p>- Land on foot they shot with</p> <p>- Accuracy over power</p>
<p>MATCH RELATED ACTIVITY</p>	<p>- Play 3v3 + 2 neutrals with keepers in a 54 x 44 grid. Area is divided evenly into 3 boxes of 18 yards. All players are restricted to the center grid except one from each team who are in attacking grids. Object is to shoot from middle or attacking grid when in possession. Try to play ball to your lone attacker who will lay ball off for them to shoot</p> <p>Progressions: Play two touch, extra points for one touch shots and/or scoring from middle grid.</p>	<p>- Approach from a slight angle</p> <p>- Head up to see where you want to place ball</p> <p>- Head down right before they make contact</p> <p>- Plant foot next to ball, toe pointed towards target</p> <p>- Ankle locked, toes curled, strike through middle of ball</p> <p>- Land on foot shot with</p>
<p>MATCH RELATED ACTIVITY</p>	<p>- Play 3v3 or with 4 neutrals on the outside. Two goals with keepers in an area of 20 x 30 yards. If neutral receives the ball they must play it back to the team they got it from. Receive one point for a shot and two points for a goal.</p> <p>Variations: Play 4v4, use a plus player instead of neutrals</p>	<p>- Create scoring opportunities by using outside players</p> <p>- Low follow through</p> <p>- Accuracy over power</p> <p>- Look to combine with teammates</p>
<p>MATCH CONDITION GAME</p>	<p>- Play 4v4 or 6v6 to goals with keepers</p>	<p>- Has their technical shooting ability improved</p> <p>- Did the session help their finishing ability</p> <p>- Remind them to practice at home</p>