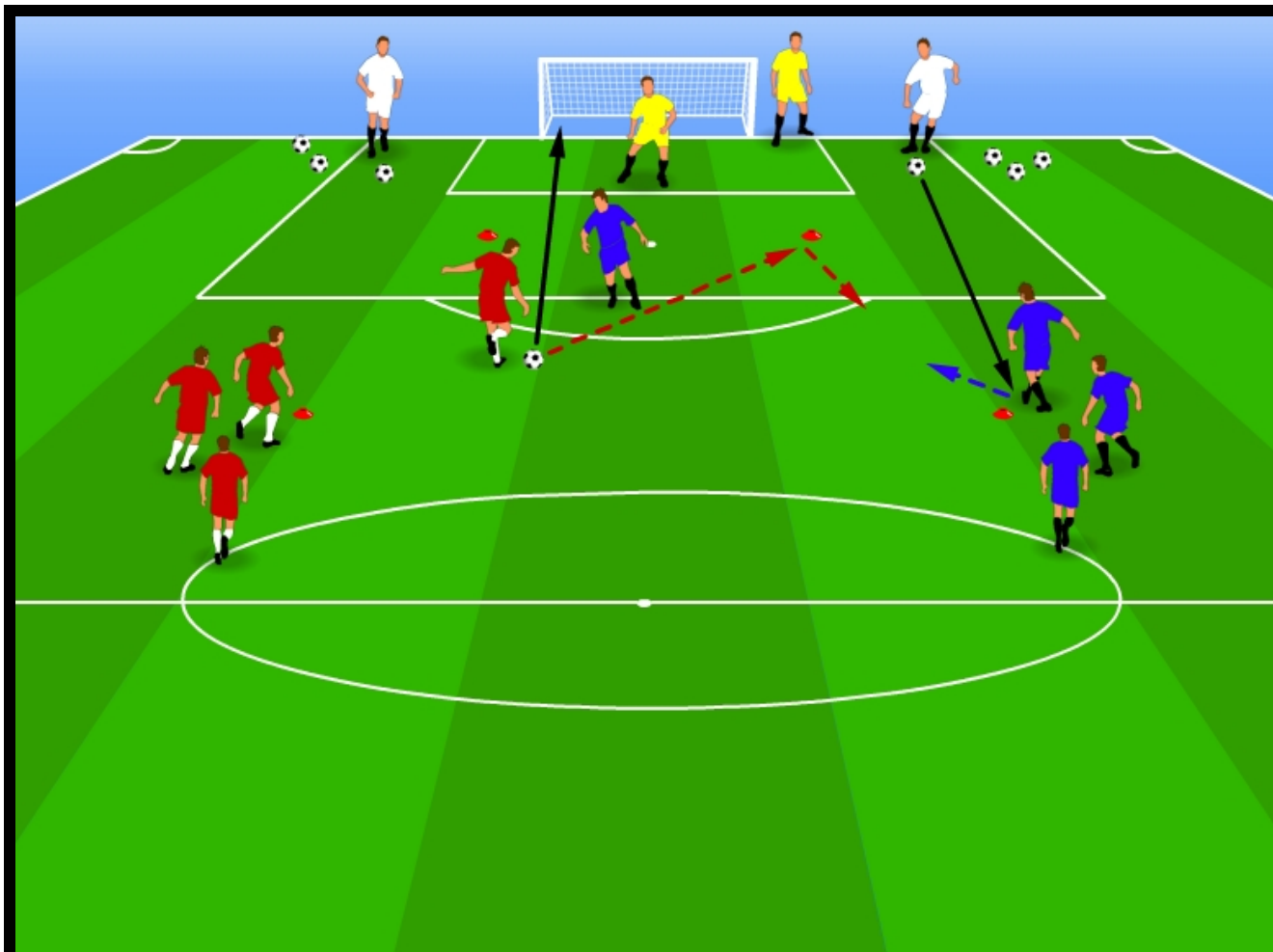


Finish, Defend

Fundamental

Finishing



Set Up: There are 8-10 players set up in the attacking third, starting at the cones.

Procedure: The Feeder begins the drill with a pass to the attacker (in red in the diagram). The attacker shoots, runs to either cone set at the 12 yard line, then runs back to defend against the next shooter (in blue). From there, the 1 v 1 continues to completion. Each of the Feeders works with one team, varying the service (see Progressions) and the amount of time the players have to shoot. After five minutes, the two teams switch to the other side of the field.

Teaching Topics:

- 1 Finishing.
- 2 Fake shots.
- 3 First touch.

Progressions:

- 1 Air ball to service.
- 2 Driven ball service.

Coaching Points:

- 1 If the shot is there, take it. No one will go for your fakes unless you shoot.
- 2 If the defender charges in, fake the shot and push the ball past him.
- 3 If your first touch is poor, you will have to improvise the rest of your 1 v 1 attack.