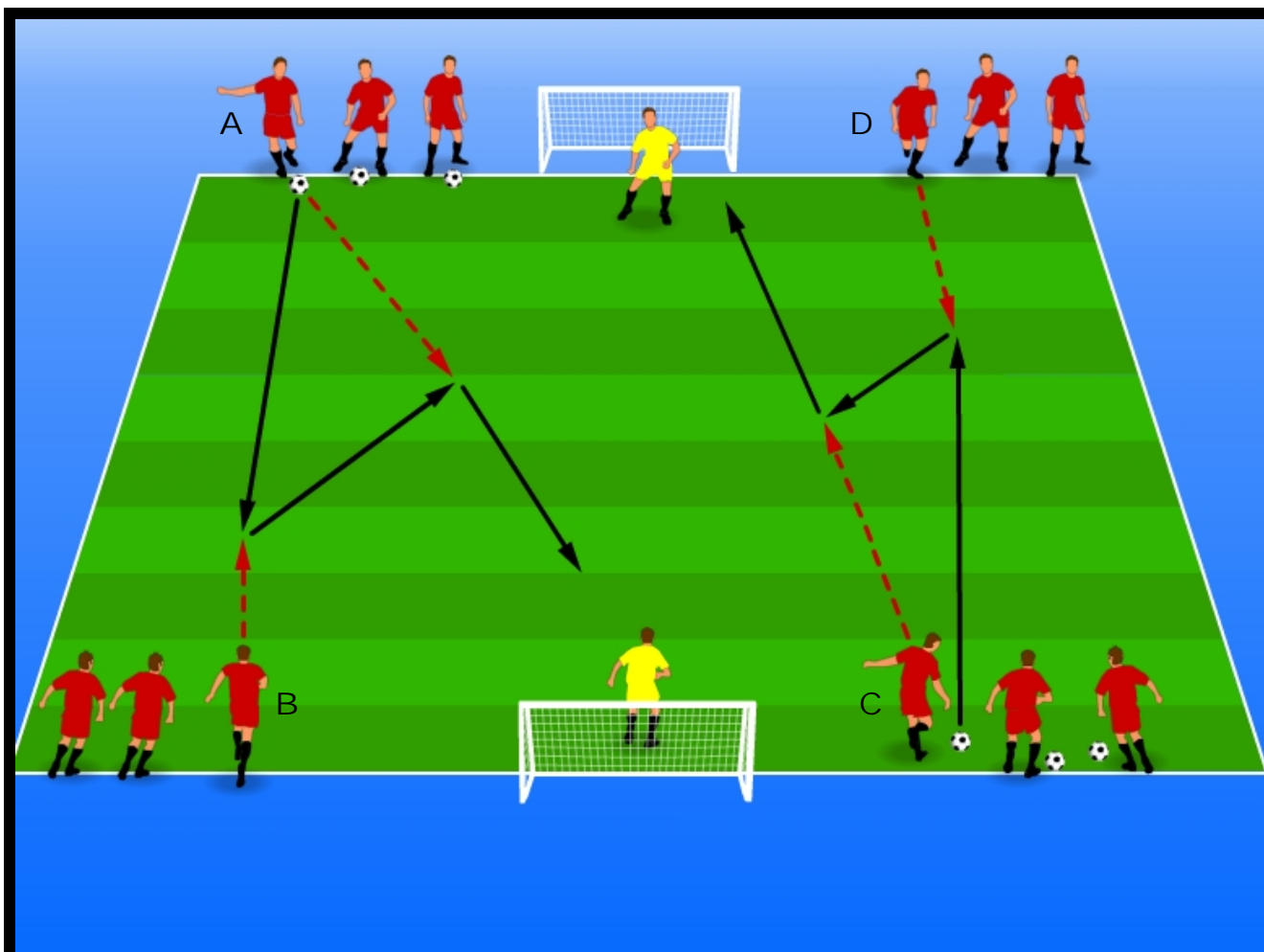


Layoff, Shot

Fundamental

Finishing



Set Up: There are 12-16 players set up on a small field, starting on the end lines.

Procedure: To begin play, Player A makes a long pass to Player B and then runs to goal. Player B lays the ball off to Player A for a first time shot. After Player B makes his pass, Player C begins his finishing run towards the opposite goal, combining with Player D. During the drill, the players rotate to the line that they passed to, and after 10 minutes, the players switch to the other side of the field.

Teaching Topics:

- 1 Timing the runs.
- 2 Positive first touch.
- 3 Finishing.

Progressions:

- 1 Player B runs to the center, Player A overlaps and finishes a layoff pass.

Coaching Points:

- 1 Hold the run in order to adjust to a square pass or a back pass.
- 2 You do not have to overpower a ball set back to you. Just make solid contact.
- 3 Deal with the goalkeeper as opposed to just hitting the ball at the goal.