



FINISHING

SET UP:

Two groups of players up to six per group set up either side and slightly in front of the coach.

Cones/poles set out as shown.

Good supply of balls

Goalkeeper

ACTION:

On the coach's signal, front player from each team sprints forward and round the first cone/pole, then back to and around the second cone/pole.

When the first player rounds the second cone/pole the coach plays a pass towards the goal. Both players then compete for possession and aim to get a shot on goal as quickly as possible.

TIPS:

First touch should move the ball away from the opposing player.

Once player has possession shoot quickly, but accurately.

Player should shoot with the instep of the foot.

Both players need to be ready for rebounds off the goalkeeper.

NOTES: