



Date: 22/03/20 **Duration:** 1:00 hour

Time: N/A Age/Level:

Session
Objective:

Finishing (2)

Unopposed Finishing



Description: Unopposed dribbling with a shot on goal.

Coaching Points: Keep your toe down and strike the ball with your laces.

1v1 Finishing - 2



Description: Defensive player passes to offesive player. Offensive player looks to dribble past and finishing on the pop-up goal.

Coaching Points: - Skill move to move past defender - Strike the ball with the inside or laces when shooting

1v1 Finishing w/ Defender from Behind



Description: 1v1 with defender tracking down the defender from behind. Offensive player should try and take first touch in-front of the defender and toward the goal to seal them off and keep them behind the ball.

Coaching Points: - Offensive player should take first touch toward goal and to cut off the defender quickly

- Offensive player should look to finish on goal striking with inside of the foot or the laces

Scrimmage



Description: Four versus four scrimmage.