



### ACTIVITY #1

**Set up:** Finishing in tight spaces--Warm up 1 and 2 touch Finishing

Area Arc of the 18 to Goal

**Instructions:** Divide team in half with 1/2 the group on one post and 1/2 on the other. One line will be designated to shoot first. That player will run out and receive pass from opposite line and finish first time. Then the player who played the ball runs out and receives a ball from the other side and the pattern keeps repeating. The (2) touch finishing is a player combining with another and then finishing. (Will show on the field).

**Coaching Points:** -Pick your head to see placement of GK

-Decision making placement vs power

-Preparation touch

-Pick your point on the ball where to strike the ball

-Watch your foot make contact



### ACTIVITY #2

**Set up:** Finishing-3v3 to Goal with bumpers

Area circle of the 18 to goal

**Instructions:** Players play 3v3 with bumpers in the attacking 1/2 of the field. If you score your GK play out the next ball. If a shot is hit wide, then defending team starts with the ball. Bumpers can not shoot and are limited to (2) touch. Variation is to limit the bumpers to (1) touch and limit the inside player to 2 touches.

**Coaching Points:** -Look for opportunities to finish

-Placement vs power

-Recognize when to shoot and when to combine

-Put your body in position to create chances

-Free yourself up off the ball



### ACTIVITY #3

**Set up:** Finishing 4v4 Elimination with bumpers

Area arc of the 18 to goal

**Instructions:** Play 4v4 with bumpers on the outside. Games are 2 minutes (but can be long as 4 minutes). Once a team scores the farthest defend from the goal that was scored on is eliminated and has to leave the game. Then from that moment the attacking team has 2 minutes to eliminate the remaining 3 players. If the defending team scores a man down then the team up loses a player. 1 point for each goal scored and 2 bonus points if you eliminate every player. Play with offsides.

**Coaching Points:** -Play with urgency but composed to eliminate players

-Recognize when to dribble shoot or pass

-Placement vs power

-Composure in front of the goal

-Recognize when to be selfish and give the ball up