

Session Summary

Session:	FINISHING - CONDITIONED MATCH		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	20 mins	Equipment:	B.B.C / 2 Goals
#Players:	14	Age Group:	U8 - U18

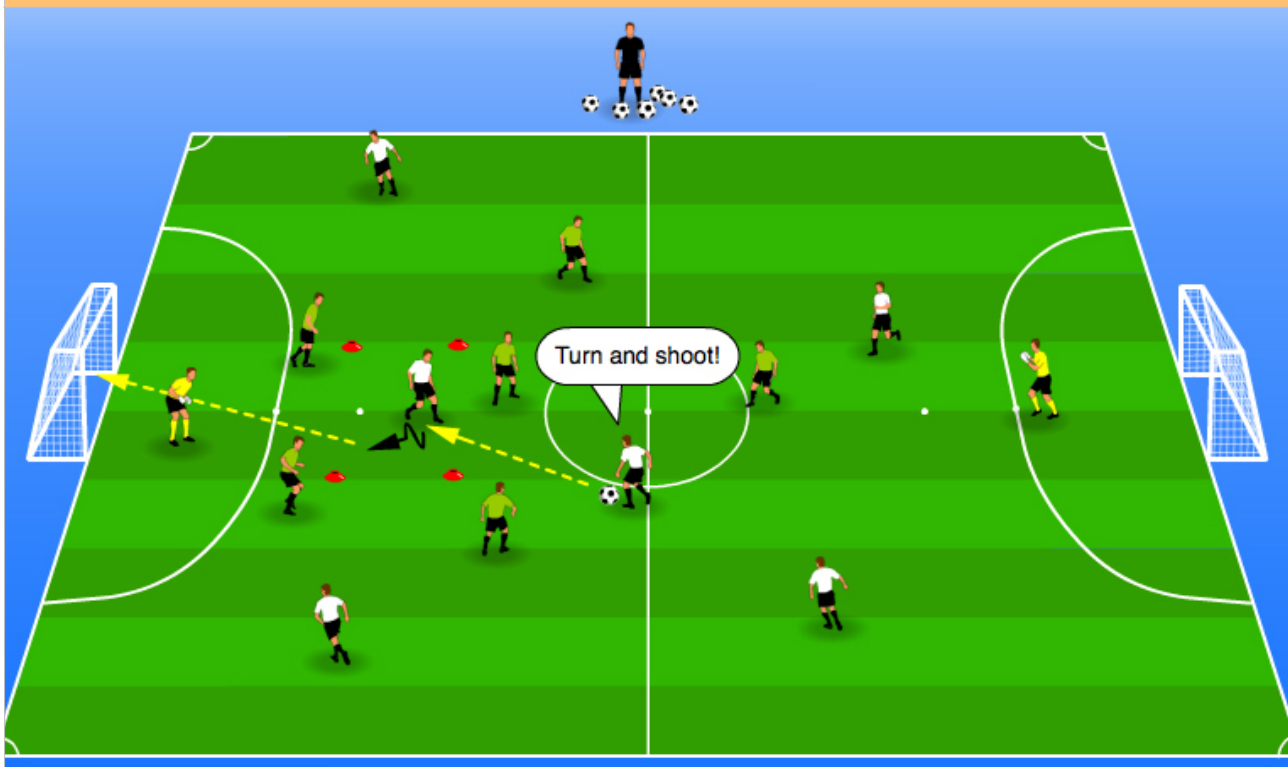
Introduction

This is a simple conditioned match, that allows less confident / younger strikers the chance to get shots away with less pressure on them. You would generally remove the conditions once the player was having success and introduce some defensive pressure and eventually a full match. Questions, e-mail ianknappuk@googlemail.com

Setup

- Normal "mini soccer" sized football pitch with a coned off area in front of one of the goals where only the striker can go.
- Preferably use the size of goals your players play with in matches. If unsure, err on the larger size so we can give as much success as possible.

Rules



- Play normal football rules, with the condition that no player from the opposition team is allowed in the coned off area in front of the goal.
- Can use a coned off area in front of both goals if preferred - depends on your players and whether you're working with one in particular or more.
- Rotate strikers if required to give others a turn.
- For finishing from wide areas, can put 2 coned off areas out to each side instead of one central one.
- Progress to removing the coned off area once the striker is having success.

Key Coaching Points (FA's 4 Corners)

Technical

- Look up and pick your spot for your shot (where is the GK? Shot placement).
- First touch to take the ball into a shooting position or to hold the ball up.
- Turning - can you turn into space so the shot is on
- don't turn into a defender (you need to look and your teammates need to tell you)
- Shot type - power / placed / lobbed / chipped / curled / outside of boot / inside of boot / laces.
- Early shot before the goalkeeper is set.
- Weight and accuracy of pass by the bounce players.
- Follow in shots in case the goalkeeper spills the ball.
- Unbalance defenders and goalkeeper by using your body movement and "fakes".

Psychological

- Communication (tell your teammate if they have space / time and what to do with the ball - pass / shoot / hold it up etc.)
- Decision making - type of shot, when to shoot, when to pass.
- Confidence to try again if a shot is missed or a poor touch is taken.
- Confidence to try things - different types of finish.
- Competitiveness - how does the competition against the other team motivate or distract players? Avoid "rushing" things but play with pace still.

Physical

- Strength to hold off defenders and shield the ball if required.
- Agility when receiving the ball and getting into shooting positions.
- Balance when receiving the ball.
- Speed and pace to get to the ball quickly. Effort levels with regard to that.

Social

- Working as a team between you to create chances.
- Encouraging others and not being negative
- Communication
- Have fun!

Session Review For Improvement

What Went Well	Even Better If	Change For Next Time