

Session Summary

Session:	FINISHING WARM UP 2		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	15 mins	Equipment:	B.B.C / 1 Goal
#Players:	8 - 14	Age Group:	U7 - U18

Introduction

This is a really simple warm up that gets your players thinking about finishing whilst also getting your goalkeeper ready for a match. I've often used this one as part of our pre-game warm up. I'm not usually a fan of "queues" of players, but actually, with 10 - 14 players, there is hardly any standing around as by the time the player who just took a shot has collected their ball and got to the back of the line it's nearly time to go again. Questions, e-mail ianknappuk@googlemail.com

Setup

- Half pitch with one goal.
- 2 bounce players (one on edge of box and one a bit deeper - blue cones, below)
- 2 queues or lines of players (one midway across each side of the pitch - red cones, below)

Rules



- First player in Line 1 plays a pass into bounce player A, who returns the pass into their path.
- Player then passes to bounce player B, who sets them for a shot.
- Can either insist on one touch then shoot, first time shot, or allow a couple of touches for less confident players.
- Player collects ball and joins the back of the other line (Line 2).
- Repeat, this time with a player from Line 2.
- Generally I would set the player from Line 2 going at the moment the last player is taking their shot. This keeps the bounce players on their toes, moves the whole thing along more quickly and keeps the goalkeeper alert as he / she has to get straight back up to face another shot as soon as the previous shot has been dealt with.
- Alternate between the two lines.

Progressions & Alternatives

- Progression can involve bringing in a semi-passive defender to give the bounce players something to think about in terms of protecting the ball and hold up play, but important not to let them challenge fully or the whole routine breaks down.
- Exercise can be simplified if you want for younger players by just having one bounce player.
- If passing ability is not great in younger players then can use a coach as the bounce player to deliver the return pass although long term, if the kids don't try, they won't learn so up to you to decide on a balance.

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 strike first time.
- **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** goalkeeper by using your body movement and "fakes".

Psychological

- **Communication** (tell the bounce player where you want the return pass)
- **Decision making** - type of shot, when to shoot etc.
- Confidence to **try again** if a shot is missed or a poor touch is taken.
- **Confidence** to try things - different types of finish.

Physical

- **Strength** of bounce players to hold off defenders and shield the ball.
- **Agility** when receiving the ball and getting into shooting positions.
- **Balance** when receiving the ball.
- **Speed** of shot, as well as speed and pace to get to the ball quickly.

Social

- Working as a **team** between bounce players and striker.
- **Encouraging** others and not being negative
- **Communication**
- Have **fun!**

Session Review For Improvement

What Went Well	Even Better If	Change For Next Time