

Session Summary			
Session:	FINISHING		
Date:	-	Coach:	Ian Knapp (ianknappuk@googlemail.com)
Duration:	80 mins	Equipment:	B.B.C / 2 Full Size Goals
#Players:	14	Age Group:	U9 - U18

Key Coaching Points (4 Corners)	
<p>Technical</p> <ul style="list-style-type: none"> - First touch to take the ball into a shooting position or to hold the ball up. - Shot type - power / placed / lobbed / chipped / curled / outside of boot / inside of boot / laces. - Early shot before the goalkeeper is set. - Lay off for team mates, playing with back to goal. - Placement of shot - across the goalkeeper for rebounds, near post if goalkeeper not expecting it etc. - Movement of the striker <u>and other players</u> to create space and passing options. - Follow in shots in case the goalkeeper spills the ball. - Angle of runs (avoid being offside or being too 'obvious') - Unbalance defenders by using your body movement and "fakes". 	<p>Psychological</p> <ul style="list-style-type: none"> - Communication (tell the player on the ball what to do with it) - Decision making - when to shoot, when to lay the ball to a team mate, when to hold the ball up and wait for support. - Confidence to try again if a shot is missed or a poor touch is taken. - Confidence to try things - a quick, early shot through defenders' legs for example rather than always trying to get perfectly set.
<p>Physical</p> <ul style="list-style-type: none"> - Strength to hold off defenders and shield the ball. - Speed - making runs in behind defenders. - Agility when receiving the ball and getting into shooting positions. - Balance when receiving the ball. 	<p>Social</p> <ul style="list-style-type: none"> - Working as a team - Encouraging others and not being negative - Communication - Have fun!

What, How, Why	
What (this is what we will learn)	We will look at the role of the striker(s) in a team and how to maximise the goalscoring chances they get to be as effective as possible in terms of finishing.
How (this is how we will do it)	A Whole/Part/Whole approach - to maximise game time and put the players in as many relevant scenarios as possible whilst also allowing us to get the key technical points across. We'll focus on our centre forward, whilst also addressing the roles of the other forward players in creating space and chances, with the whole team's role in goalscoring also touched on.
Why (this is why we will do it)	The purpose of the session is to give the players a better set of tools, across the 4 corners, to effectively create and take goalscoring opportunities.

Arrival Activity - Shooting Warm Up - 20 mins



Setup:

- Mini soccer sized pitch (Approx 60 x 40) with one goal brought in to around 3/4 of the way down the pitch.
- Cones to mark approximate start positions for players

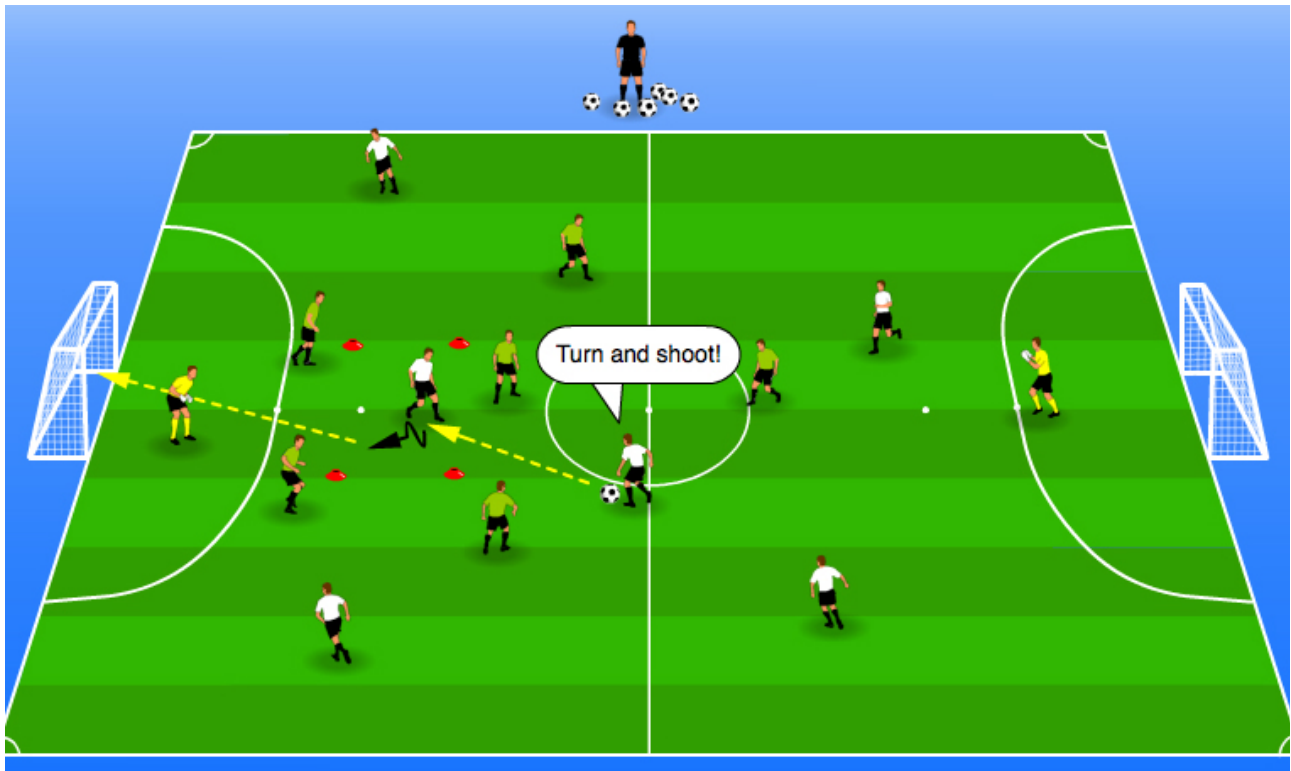
Rules:

- As players arrive, they get a ball each and starting from cone A, do a circuit where they drive towards the cone on the edge of the box and shoot.
- They then take their ball and head for cone B, where they do the same thing at the other end.
- Once several players have arrived, add in a bounce player on the cones in front of the penalty boxes so the players have to pass, receive the ball back and then shoot.
- Involve goalkeepers once enough players have arrived.
- At one end, incorporate a second player who makes an overlapping run and follows the shot in or is an option for a cross.
- Bring semi passive defenders in to add some realism for the bounce player.
- Once all players are involved, fetching their shots back should mean a steady flow of players and no queues.
- Rotate defenders and bounce players (and goalies if required).

Coaching Points:

- Look up and pick your spot for your shot.
- Choose the right type of shot for the situation (placed, power, curled, chipped, lobbed, strike with different surfaces etc.)
- Follow in shots for rebounds.
- Shoot across the keeper into the corners.
- Weight and accuracy of passes to / from bounce players.
- Strength / awareness for bounce player when up against defender.
- Communication - tell the passer where you want the ball.

Whole - Conditioned Match - 20 mins



Introduction: 1 minute explain formation, basic setup and then just let them play for several minutes with no interruption.

Setup:

- 7v7 size pitch & goals. Approx. 60 x 40.
- Coned off "safe" area of 6 x 6 yards at one end that only centre forward focus player is allowed in initially.
- 2 teams of 7.
- Both teams play a 2-3-1 formation.

Rules:

- Normal rules of football (throws, corners etc.)
- Small safe area allows centre forward to receive the ball without pressure initially.
- 2 x 8 minute matches with a short break for discussion in the middle.
- Take out the coned off "safe" area when appropriate to offer a greater challenge to the focus player and more realism.

Coaching Points:

- Same coaching points as per arrival activity, plus...
- Challenge focus player to be aware of what is around him and for his first touch to take him into a good shooting position (or to shoot first time if possible).
- Can you roll the defender and get a shot away?
- Unbalance defenders if running at them to provide even the smallest window for a shot.
- Wide players to make runs that help create space in front of goal.
- Crossing accuracy / type of cross from wide players to give the CF the best chance to score.
- If crossing, opposite side wide player tucks in as another goalscoring option.
- CM to offer an option for a layoff if CF has no shooting option or playing with back to goal.
- Awareness of being offside.
- Communication to the striker - be specific - tell him what to do once he's received the ball.

Variations / Progressions:

- Remove the coned off area.

Part - Halves Shooting Practice - 20 mins



Introduction: 1 minute explain basic rules, then play.

Setup:

- Split the pitch in half.
- Balls in centre circle.
- Play 4 attackers vs 2 defenders + GK to start with.

Rules:

- Attacking four play from the centre by getting a ball and attacking.
- Attempt to score (2pts)
- If defenders win the ball or block a direct shot they get one point.
- Change scoring if too hard / easy for one side.
- Total points for white attackers in one half and white defenders / GK in other half are added together and pitted against green equivalent.
- Once balls run out we tot up the points and restart for the next round.
- Play for 15-20 mins with 1 minute breaks in between each round for discussion / water.
- Play offside rule.
- Rotate roles.

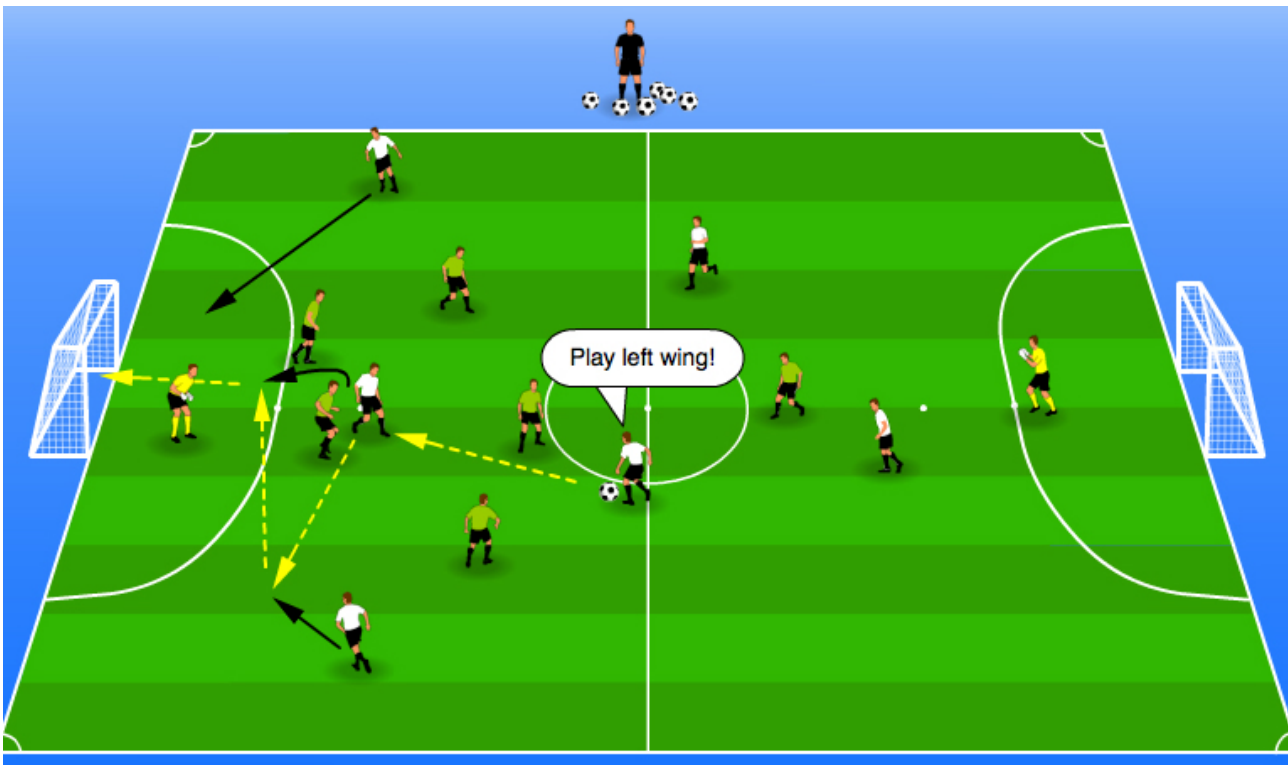
Coaching Points:

- As per previous parts of the session, but with key focus on:
 - the roles of the wide players in creating space
 - using "fakes" and your body movement to throw the defenders off balance.
 - the idea that to take a shot you only need a tiny window of opportunity and best to shoot early if possible as GK and defenders won't be set.

Variations / Progressions:

- If too easy for attackers, shift to 4v3 in one half and 3v2 in the other.
- Introduce extra points for scoring headers, volleys or with "wrong" foot.

Whole - Final Match With Scenarios - 20 mins



Introduction: Reference what we've covered so far. Can we see that implemented in this game?

Setup:

- Mini soccer size pitch & goals.
- Allow teams to choose formation.

Rules:

- Regular rules of football. No conditions.
- Free play for the first 8 minutes.
- Second 8 minutes involves a scenario.

Scenario:

- The game is 1-1 up with 8 minutes to go. Both teams need to win to qualify for the knockout stages of the World Cup but there is another game going on at the same time in the group and the situation may change if there are goals in that game...
- Hopefully this scenario will encourage both teams to try to attack and create plenty of goalscoring opportunities initially. By working in the "other game" side of things, it means I can manipulate a situation where one team needs to sit back and defend whilst the other has to break them down if we want to look at our focus player playing more of a hold up role with his back to goal for example with a deep defence behind him.

Coaching Points:

- As per the rest of the session.
- Really think about the scenario and how you will play with that in mind.
- Depending on whether you're winning or losing, what level of risk do you take?

Challenges

Focus Player (CF):

- Try to be proactive rather than reactive in terms of your movement off the ball to provide passing options for your teammates.
- Try to have in your mind what you are going to do with the ball (shoot, lay it off, turn with it) before it has arrived with you. Thinking about all that after you've received the ball is too late.
- Try and use your strength to hold off any defenders and not be bullied off the ball.
- Shoot early before the opposition are set and pick your spot, having looked up.
- Use feints and your body movement to create the small windows of opportunity you need to get a shot away (reference different types of finish depending on what is in front of you).

Unit (LW, RW, #10):

- Can your movement and runs create space and shooting opportunities for other players?
- Are you in a position to shoot yourself?
- Try to follow in shots from other players in case of rebounds.
- Communicate with your teammates as to what they should do with the ball when they have it - give concise, useful information.

Whole Team:

- Create space by others when in possession by using the full width / depth of the pitch.
- Can we try to pull the opposition out of shape by moving the ball quickly?
- Create overloads to outnumber the opposition and drag defenders out of position.