

Session Summary

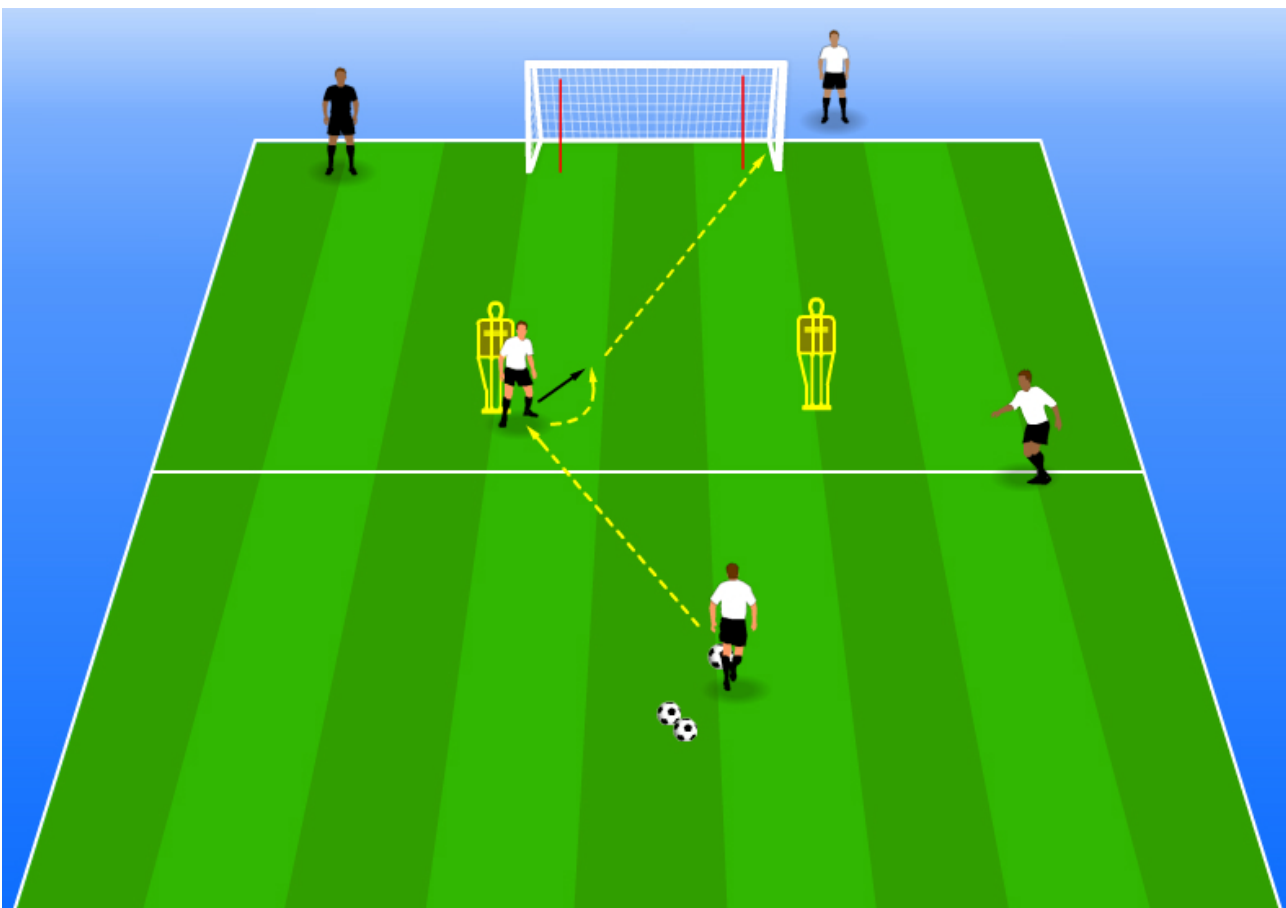
Session:	SOCIALLY DISTANCED FINISHING PRACTICE		
Duration:	20 mins	Equipment:	Balls, 1 goal, 2 mannequins (or poles)
#Players:	3 - 5	Age Group:	U8 - U18

Introduction

This setup allows for practicing various different types of finish, from different build up play, whilst remaining socially distanced, in line with the government guidance around the Covid-19 pandemic.

Setup

- 2 mannequins (or poles) set up on the edge of the penalty box.
- 3 outfield players as per the below.
- 2 poles in the corners of the goal to encourage players to aim for the corners.
- Fourth player behind the goal to collect footballs.
- If you have a 5th outfield player, play with 2 wingers and add a fourth finish to each round involving them.

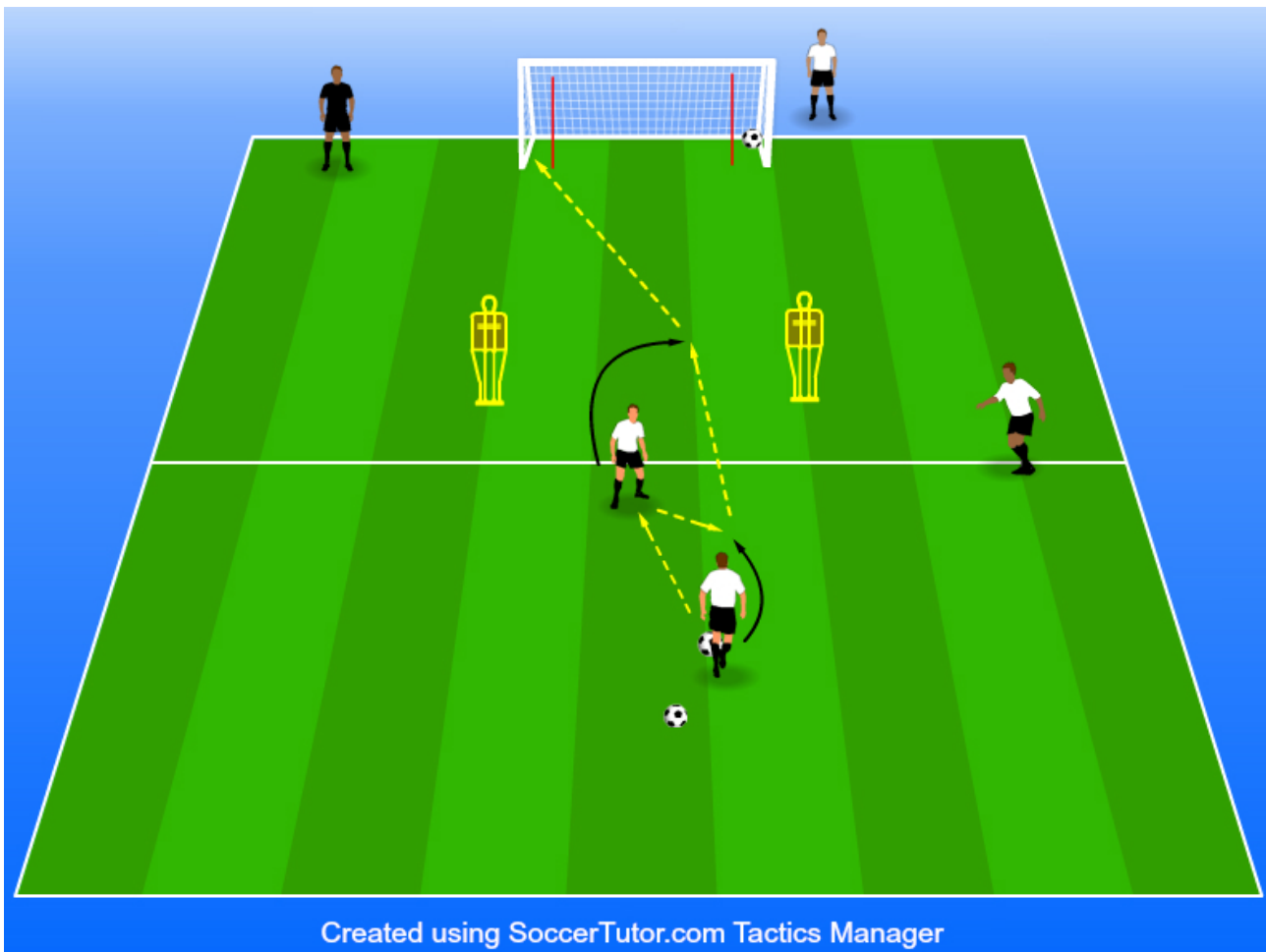


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Rules

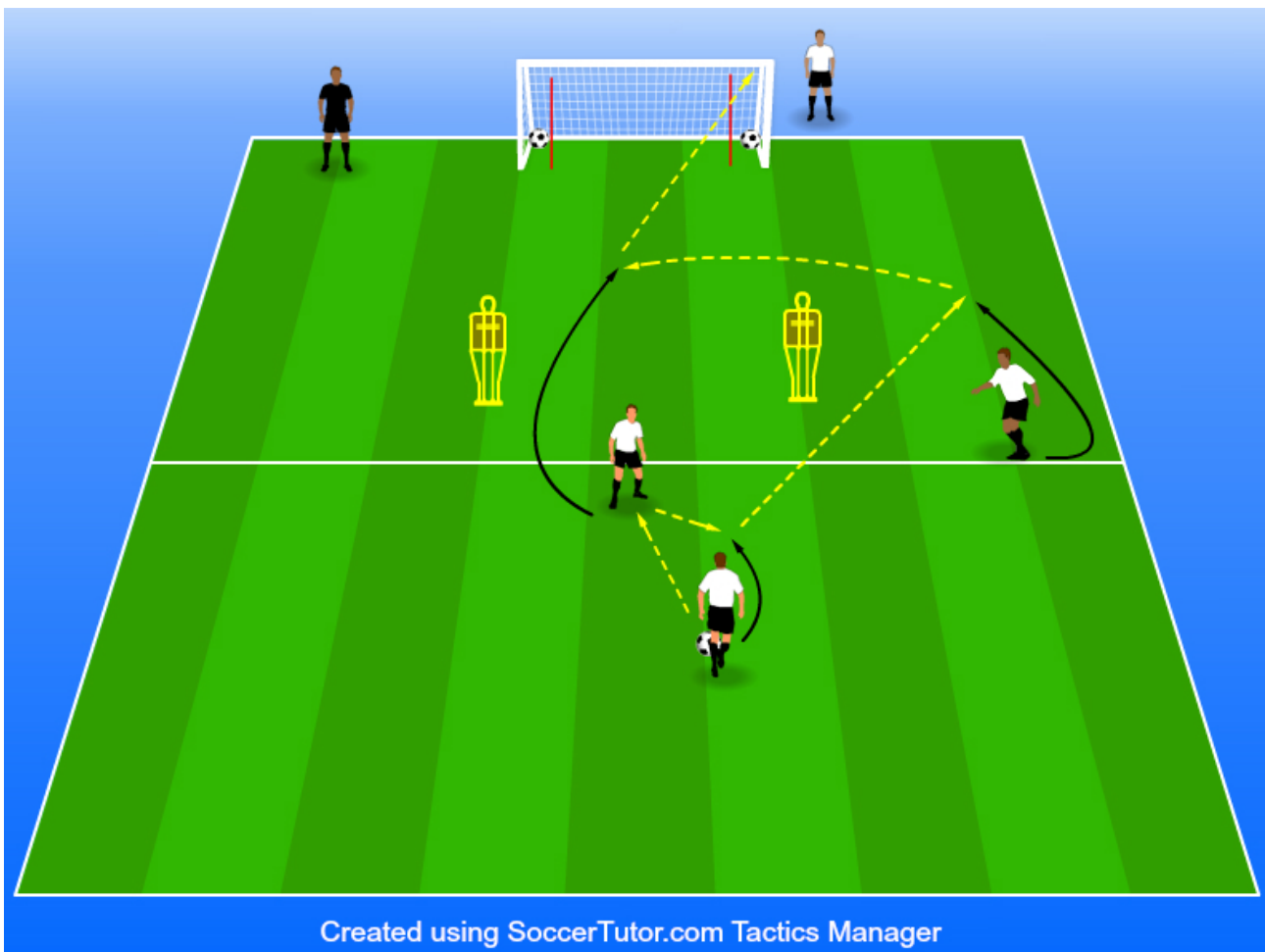
- Players should rotate roles after each batch of 3 shots.
- Each striker gets 3 shots at goal, each one from a different type of build up.
- We have included 3 examples here, but there are lots of possibilities - have the players make their own up or add some more yourself.
- After each finish, the striker should immediately turn and make themselves available for the next ball. Encourage game pace.
- **Finish 1** (above): the striker starts on one of the mannequins, receives the ball with their back to goal, touches it round the mannequin and takes a shot at goal.
- **Finish 2** (below): the striker drops deep to play a one-two with the midfielder, before turning and running on to a through ball and finishing first time.
- **Finish 3** (bottom): this starts the same as the second finish, with the striker dropping deep to play a one-two with the midfielder, but the midfielder then plays the ball wide to the winger, who drives down the line and crosses the ball for the striker to score with a first time finish.
- After 3 shots, the players rotate positions, including the player behind the goal and, if necessary, the goalkeeper.
- Make competitive by keeping score (1 point for a goal, 3 in the corner, 5 off the woodwork + 1 point for an assist)

If you do have a goalkeeper, you will want to add cones that the striker cannot go beyond to maintain social distancing. You may also add some further cones that the goalkeeper can't go beyond for the same reason.



Progressions & Variation

- Lots of different build up scenarios to work from - encourage the players to come up with their own based on game situations.
- Remove the goalkeeper / player behind the goal and have 2 wingers. Add poles to encourage aiming for the corners.



Key Coaching Points (FA's 4 Corners)	
<p>Technical</p> <ul style="list-style-type: none"> - Type of finish? Power with laces, side footed placement, chipped etc. - Finishing technique - body shape when striking the ball, placement of standing foot etc. - Weight of pass - First touch - Movement off the ball - Angle and timing of runs - encourage more experienced players to "lose their marker". 	<p>Psychological</p> <ul style="list-style-type: none"> - Communication (tell your team mate where you want the ball) - Decision making - what type of finish, where to place the ball. - Competition - which player can score the most points?
<p>Physical</p> <ul style="list-style-type: none"> - Speed of play - encourage the striker to immediately turn and demand the ball for the next finish (game pace) - Body shape to receive the ball and when shooting 	<p>Social</p> <ul style="list-style-type: none"> - Working as a team - Encouraging others and not being negative - Communication - Have fun!