



Description

Session Objective

- Improve players' ability to score goals with first time finishes

Part 1 (10 mins)

Organisation

- 20m x 15m area (guide)
- 4 goals
- 6 balls

Explanation

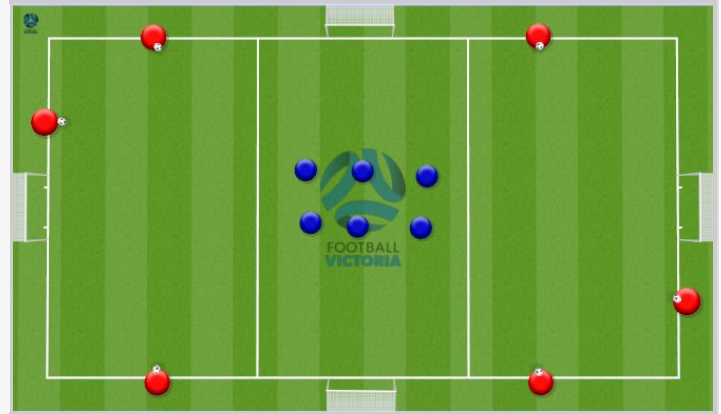
- 6 players on the outside with a ball
- 6 players on the inside without a ball
- Players on the inside search for a ball from the outside
- Players on the outside play a pass into a free player on the inside to finish first time into any of the 4 goals
- Once player takes a shot, collect ball and give back to the player that passed it to you
- Find next player to receive pass from
- Rotate inside and outside players every 1-2 minutes

Progressions

- Make it a competition
 - How many goals can you score in the allocated time period?
- Alternate shooting foot each time

Coaching Points

- **Play a pass into the path** of the attacker so they can finish first time
- **Movement off the ball** to get into a position to score
- **Get behind the ball** with body facing your target
- Keep **head over the ball** and **lean forward** with your shot
- Make contact with the **inside of the foot** and direct the ball on target



Part 2 (10 mins)

Organisation

- Balls
- 2 goals

Explanation

- 2 players starting behind each corner
- 1 player starting roughly 10m from goal
- 1 GK in each goal
- Ball played in from corner into the path of player near goal
- Player running onto the ball finishes first time past the GK
- Passer follows pass and receives next pass from opposite side
- Shooter goes to the end of the line they received the pass from
- Rotate roles through



Progressions

- Add a defender to make it challenging for the player finishing

Coaching Points

- **Play a pass into the path** of the attacker so they can finish first time
- Arrive at the ball with **forward momentum**
- **Get behind the ball** with body facing your target
- Keep **head over the ball** and **lean forward** with your shot
- Make contact with the **inside of the foot** and direct the ball on target

Part 3 (15 mins)

Organisation

- 20m x 15m area
- All players
- Balls

Explanation

- 3v3 game in the middle
- 3 players from each team spread on the outside (locked outside)
- Regular game, goals only count if they are scored with a first time finish
- Teams can use their locked players on the outside who have a maximum of 2 touches (cannot be tackled)



Progressions

- Triple goal for a first time assist from bouncer

Coaching Points

- **Play a pass into the path** of the attacker so they can finish first time
- **Movement off the ball** to get into a position to score
- **Get behind the ball** with body facing your target
- Keep **head over the ball** and **lean forward** with your shot
- Make contact with the **inside of the foot** and direct the ball on target

Part 4 (15 mins)

Organisation

- 30m x 20m area
- All players

Explanation

- 6v6 game (including GKs)
- Free game - normal football rules

Coaching Points

- Observe behaviour
- Let the kids play

