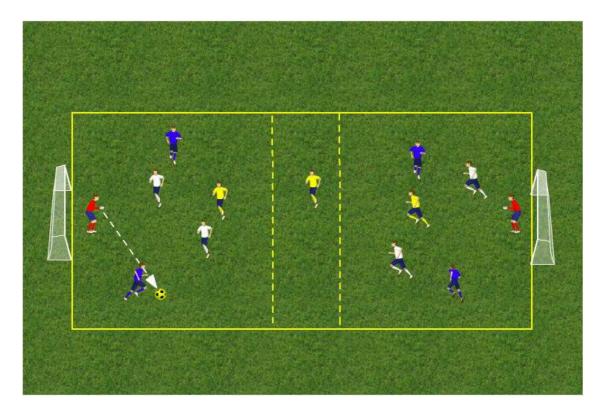


A GAME TO IMPROVE FINISHING FROM LONG DISTANCE

The following game has been designed using <u>www.grassrootscoaching.com</u> Coaches Chalkboard.



ORGANISATION

Mark out a pitch of 45 yards by 20 yards. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 10 yard zone. Use full size goals, with goalkeepers. Play 2 teams of 4 players, the players are free to go anywhere on the pitch, but encourage the team to play in a structured formation of 2-2 or 3-1. There are three floating players, who are conditioned not to shoot and must stay in their designated areas, one in each half and one in the central zone. The floating players play with whatever team is in possession of the ball.

Players can score from anywhere, but to encourage long range shooting award two goals if a goal is scored from inside the far end central zone line and one goal if a shot hits the target.

The practice begins with the goalkeeper distributing the ball to one of their players.

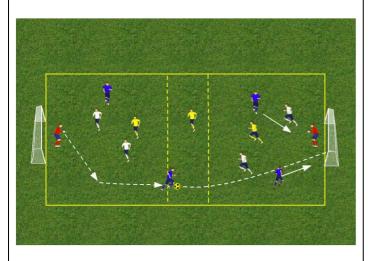
KEY TECHNICAL ASPECTS

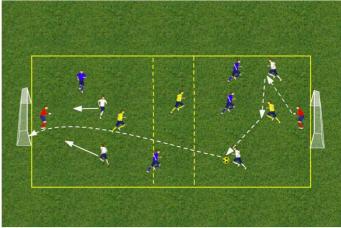
Assess defenders position *Head up to assess passing options *Decision on the correct technique for the forward pass *Timing, weight and accuracy of pass *Straight passes for diagonal runs, or diagonal forward passes for straight runs *Timed runs to provide targets for the forward pass *Accuracy and weight of pass *Decisions on first time forward passes, control and pass or whether to pass forward or pass backwards or square before passing forward *Support for the passer to provide options *Movement of floating players to be targets for the pass *Communication between players



Progression # 1 – The first priority of the player receiving the ball is to adopt a positive attitude to long range shooting. They must also be aware of the defenders position, if possible they should look to let the ball run across them or control the ball out of their feet, so it is set for a shot. They should then get their head up to observe the goalkeepers position and the position of the defenders, who will be looking to defend down the line of the shot. The distance they are away and the goalkeepers and defenders position will then dictate the type of long range shooting technique they should look to use. Any team mates in the opposite half should look to follow the shot up for any rebounds

Progression # 2 – There will be times when the player on the ball might not be able to shoot because of the defenders position and have to pass to a supporting player in a better shooting position, or there might be a requirement for the attacking team to move the ball quickly from one area to another via supporting players. This will require movement to support the ball and a decision on whether to shoot first time, control and shoot or pass to a team mate by the receiving player. Players should follow up the shot for rebounds off the goalkeeper or defender or miss hot shots.

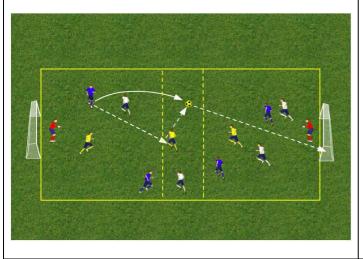


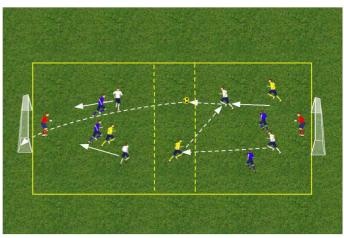


Progression # 3 – As the attacking team can use the floating players; this will give them a numerical advantage. The attacking players could then use the floating players to bounce the ball off and create different long range shooting opportunities, for example they can play a give and go round the defender and then shoot.

Progression # 4 – The ball can also be passed or thrown into the floating player or team mate and set back to another supporting player who might be able to attempt a first time long range shot, or a control and shot.

This will require a good movement and support from the floating player and a sympathetic set pass for a shot







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