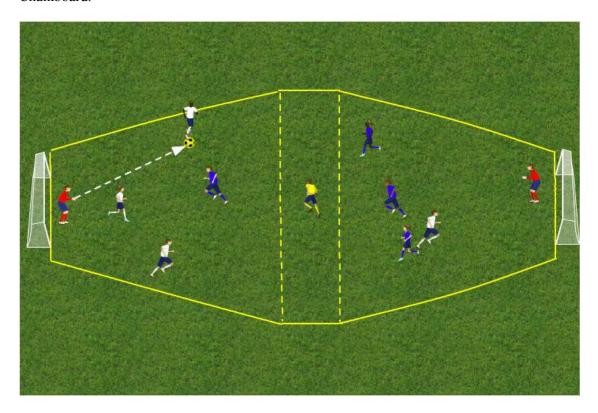


A PRACTICE TO IMPROVE THE SKILL OF FINISHING FROM LONG DISTANCE

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



ORGANISATION

Mark out an area of 45 yards by 20 yards at its widest, narrowing to 10 yards wide at the goal. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 5 yard zone. Use full size goals, with goalkeepers. Play 2 teams of 4 players, with 3 conditioned to stay on their side of the end line of the middle zone and one in the other half of the area. There is a floating player who is conditioned to stay in the middle zone and who plays with whatever team has the ball. The defending team are not allowed into the middle zone. The defending team must look to make it as difficult as possible for the attacking team to shoot. The attacking team will have a 3 v 1 overload in their own half and can also use the floating player and their team mate in the opposition half to bounce passes off. Players can only shoot if they are on their side of the far line of the middle zone.

The practice begins with the goalkeeper distributing the ball to one of the players in the goalkeepers half of the pitch

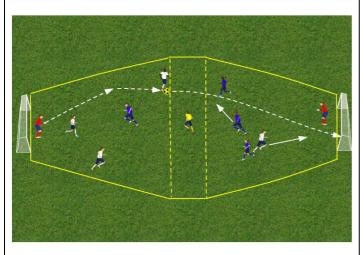
KEY TECHNICAL ASPECTS

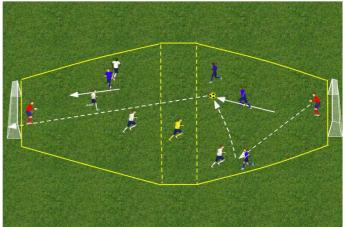
Adopt a positive attitude to long range shooting *If possible, let the ball run or control to an area to be able to shoot *Head up to assess defenders and the goalkeepers position *Decision of shooting or passing *Select an appropriate shooting technique *Be accurate, hit the target *Follow up for rebounds *Use floating players to create different long range shooting opportunities that test a range of shooting techniques



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 area away and the goalkeepers and defenders position will then dictate the type of long range shooting technique they should look to use. Their team mate 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. This will require movement to support the ball and a decision on whether to shoot first time or control and shoot by the receiving player.



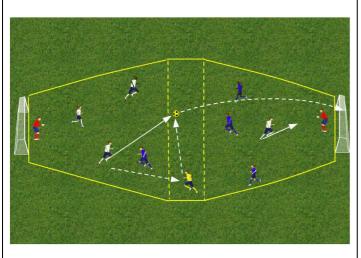


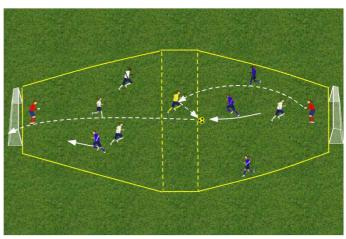
Progression # 3 – The attacking players can also use the floating player to bounce the ball off and create different long range shooting opportunities, for example they can play a give and go round the defender and then shoot.

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

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

There will be situations when a player might have to turn with the ball and then shoot from long range, or run onto a through ball before shooting







PROGRESSIONS

Condition the team in possession to a maximum of two touches *Encourage the loan attacker in the opposition half to drop into the middle zone to receive the ball, turn and shoot *Progress to a game

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