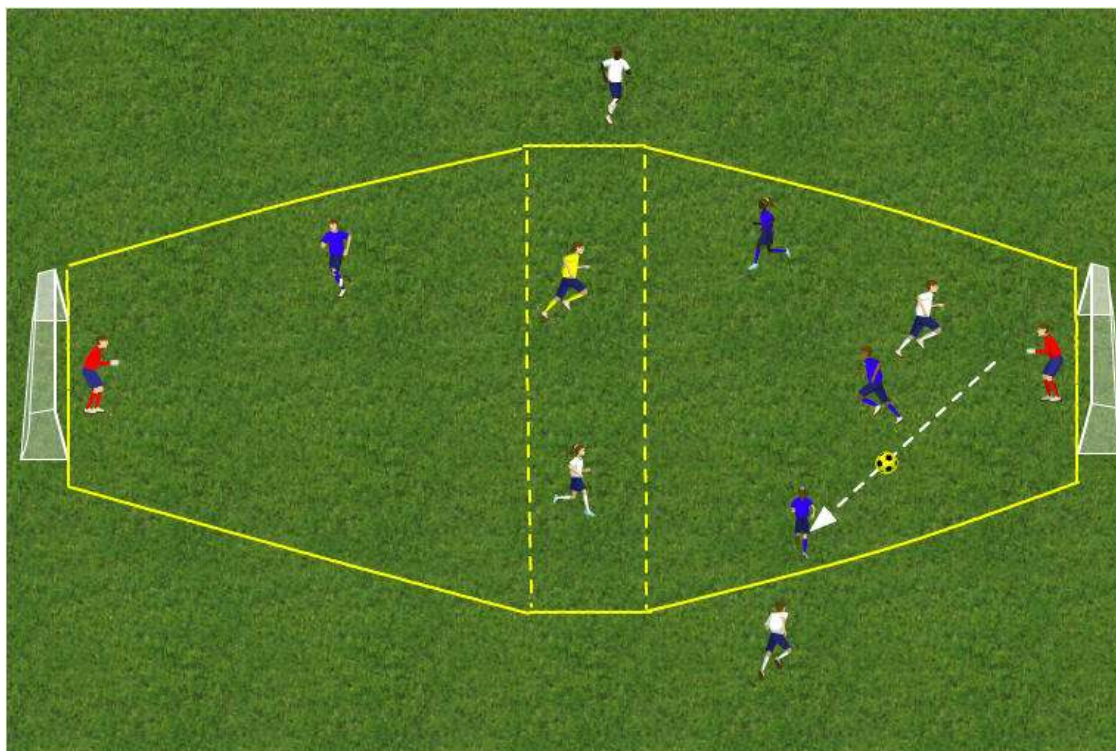


## A PRACTICE TO IMPROVE THE TECHNIQUE OF FINISHING FROM LONG DISTANCE

The following practice has been designed using [www.grassrootscoaching.com](http://www.grassrootscoaching.com) Coaches Chalkboard.



### ORGANISATION

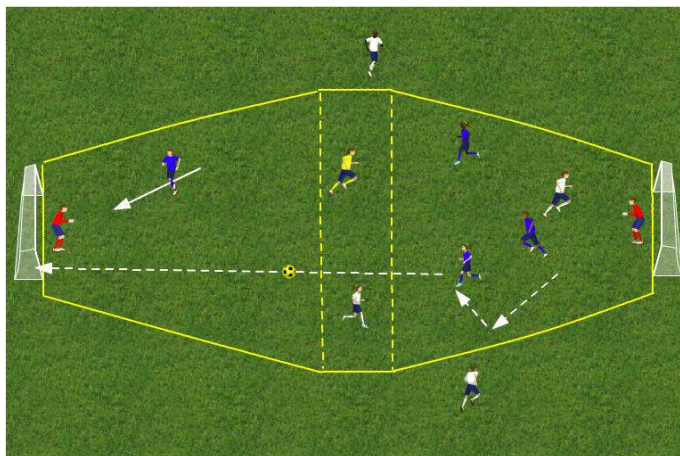
Mark out an area of 45 yards by 20 yards at its widest, narrowing to 10 yards wide at the goal. The area can be adjusted to suit the age and ability of the players. In the middle of the area mark out a 5 yard zone and position a floating player. Use full size goals, with goalkeepers. Play 2 teams of 4 players. When the opposition have the ball the opposite team become floating players, with one joining the floating player in the 5 yard zone and two others positioning themselves on the outside of the area, so that the team in possession have targets in front and at different angles to bounce the ball off. The fourth player stays in the attacking half of the pitch.

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

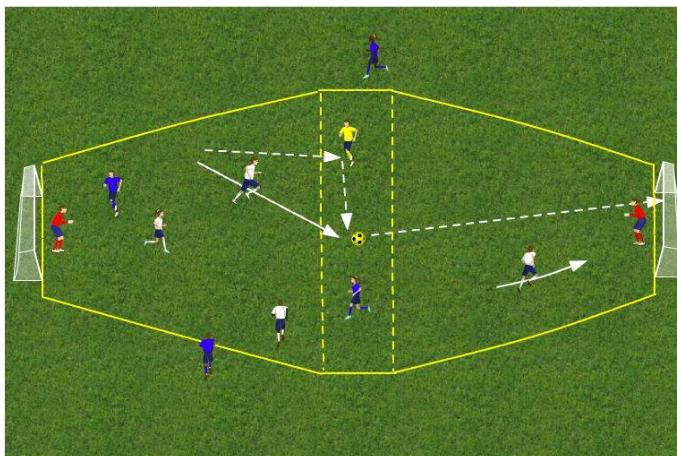
### KEY TECHNICAL ASPECTS

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 goalkeepers position \*Select an appropriate shooting technique \*Be accurate, hit the target \*Follow up for rebounds \*Decisions on first time shot, control and shoot or to pass to a team mate or floating player \*Supporting angles and distances for set up pass \*Communication

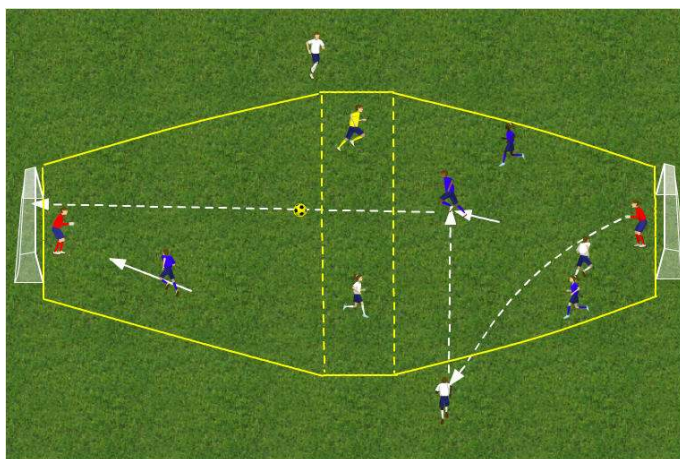
**Progression # 1** – The first priority of the player receiving the ball is to adopt a positive attitude to long range shooting. They should look to let the ball run across them or control the ball out of their feet, so it is set for a shot. They should then get their head up to observe the goalkeepers position. The distance they are away and the goalkeeper's 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



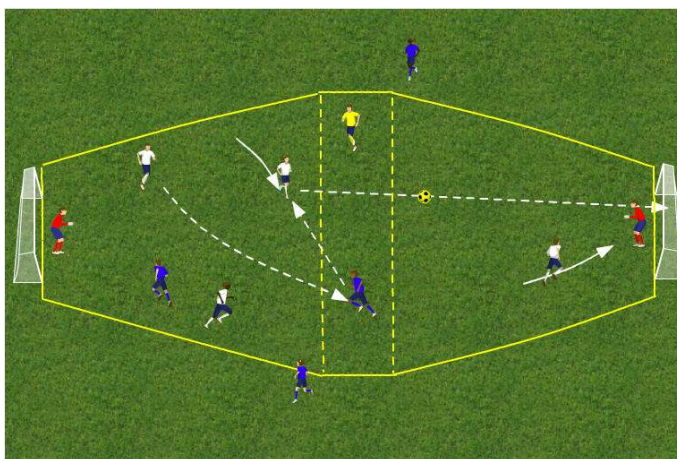
**Progression # 2** – After the first shot, the team rotate roles. The team in possession can look to play a give and go with one of the players in the middle zone to create a different long range shooting opportunity. This will require good supporting positions from the floating players.



**Progression # 3** – The ball can also be played to a floating player on the side of the pitch for the ball to set across the shooting player.



**Progression # 4** – The ball can also be passed into the supporting floating player and set back to another supporting player who might be able to attempt a first time long range shot. There will be situations when a player might have to turn with the ball and then shoot from long range. Encouragement should be given to the players to create different long range shooting opportunities, such as the ball rolling away from the player, the ball set back and the ball played across the shooting player





## **PROGRESSIONS**

Condition the practice to two touches \* Allow the player in the opposition half to defend against the three shooters.

[www.grassrootscoaching.com](http://www.grassrootscoaching.com) is a website dedicated to helping Football Coaches of all levels around the world to improve and advance their coaching skills. For more information and access to our library of 100's of 4D fully interactive coaching drills please visit the website.