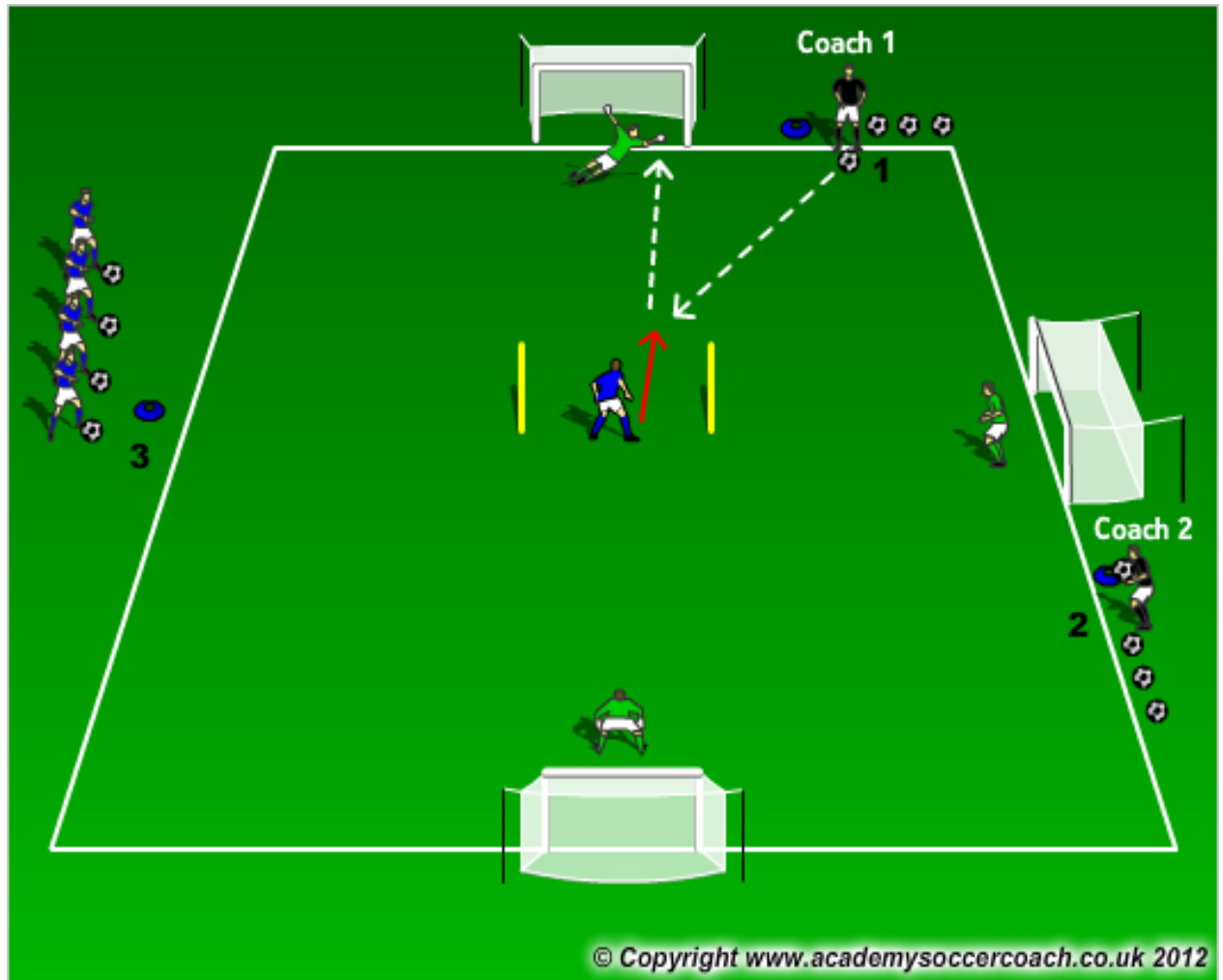


THREE GOAL FINISHING DRILL



ORGANISATION

The working player has three attempts at goal.

1. Run through the gate and receive for a first time shot.
2. Run back through the gate and receive a pass for a header.
3. Now spin and receive a cross from the waiting player.
4. After crossing the serving player begins the circuit.

The waiting player must remain focused and ready to dribble and deliver the ball.

KEY COACHING POINTS

Players must show the following;

1. Speed and reaction
2. Awareness
3. Good finishing skills
4. Good technique

Encourage players to concentrate of their technique rather than generating power when finishing the ball.

Make players aware how important it is to hit the target.