

# FINISHING

AGE PHASE: U12-U16

## LEVEL

- U12 - U16

## SESSION OBJECTIVES

To develop finishing ability by:

- Placing players in a practice that requires a variety of finishing techniques.
- Creating situations in which attackers have to find space with explosive movements.

## PART 1: SEMI-OPPOSED FINISHING PRACTICE


- This practice requires a minimum of four outfield players. Two teams attempt to score via central and wide scoring opportunities, meaning players will be required to use a variety of finishing techniques.


## PART 2: FINISHING-FOCUSED SMALL-SIDED GAME

- This practice requires a minimum of 10 outfield players and two goalkeepers. Two teams of five players plus two neutral players attempt to score via central and wide scoring opportunities.
- The inclusion of both routes to goal encourages players to use a variety of passing and finishing techniques.

## KEY

 Ball movement

 Player movement without the ball

 Player movement with the ball



Players



Cones



Flat marker



Cones with flat marker



Goal



Mini-goal



Mannequin



Pole



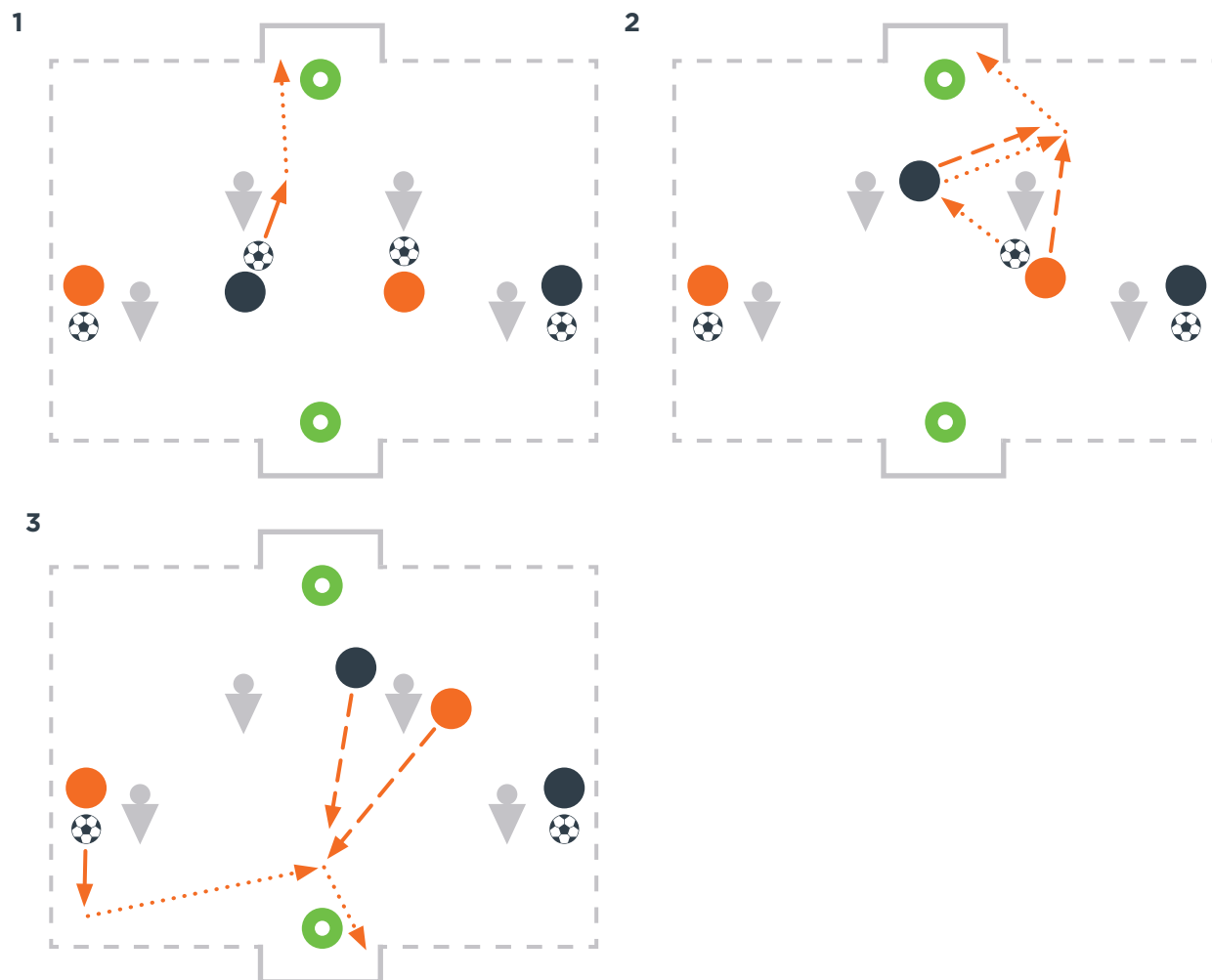
Football

### FUNCTION

- This is a finishing practice in which two pairs of players work together to score.
- There are three stages to this finishing practice:
  - Diagram 1 shows the first, where one player dribbles past a mannequin and shoots from distance.
  - Diagram 2 shows the second stage, where a second player plays a wall pass around a mannequin with the player who has just completed his shot. On receiving the wall pass the player tries to finish as early as possible, while the player playing the wall pass attempts to block the shot.
  - Diagram 3 shows the final stage, where both players turn and sprint towards the goal at the opposite end, the partner of the second player drives to the byline and crosses the ball for his partner to score. The player who took the first shot attempts to defend the cross.
- This pattern is then repeated with the second player shooting first. The shooting players can also rotate positions with the crossing players.

### DEVELOPING THE PRACTICE

- Stages one and two can be adjusted to change the angle and distance from goal, to give the players different challenges.
- The mannequins for the crossers can be moved to change the type of cross that is needed.



## COACHING DETAIL: TECHNICAL

### FINISHING IN THE BOX

- Players should be encouraged to take their shots as early as possible in an attempt to prevent the GK from being 'set' and to reduce the chance of the defender blocking their shots.
- Players should be encouraged to use different ball-striking techniques depending on the situation to increase their chances of scoring.

### MOVEMENT TO RECEIVE CROSS

- Players should use well-timed explosive movements to get across the defender to set up scoring opportunities. The attacking player should attempt to meet the ball on the move and make his final movement as the crossing player is about to deliver.

### CROSSING DETAIL

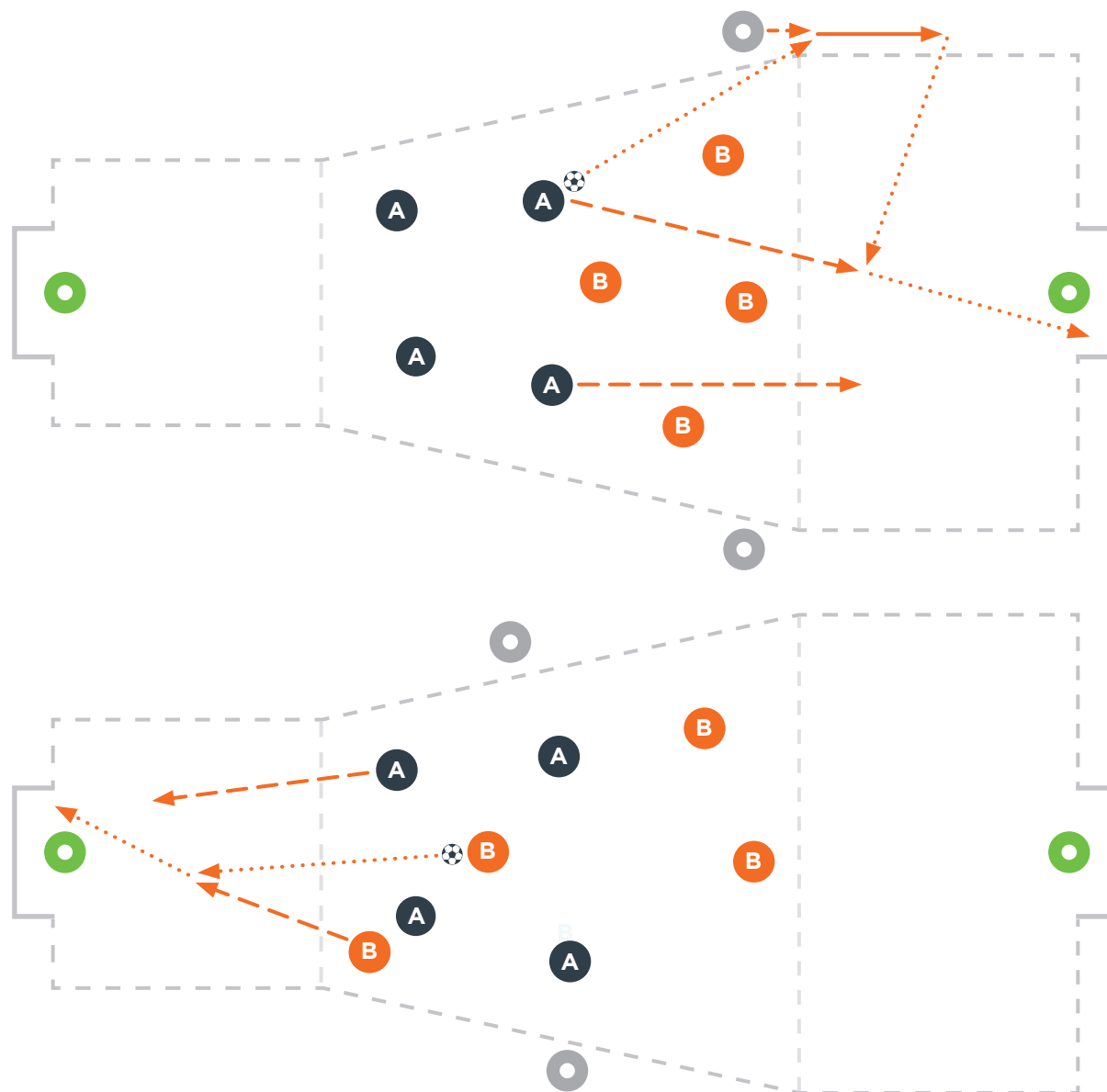
- Players should scan before crossing to be able to identify what type of cross will give their partner the best chance of scoring. To do this players may use:
  - Cutbacks
  - Lofted crosses
  - Low, driven crosses.

### FUNCTION

- This is a small-sided game in which there are two teams of four players plus two neutral players who play on the sides of the pitch.
- The pitch is split into three sections, the middle section is the main playing area and the end zones are the scoring areas. The lines separating the main playing area from the end zones act as offside lines.
- Diagram 1 shows how the team attacking from left to right (**Team A**) can score. They must slide one of the neutral wide players into the end zone. Once the wide player has received they can dribble with the ball before crossing. Two attackers and one defender can enter the end zone.
- Diagram 2 shows how the team attacking from right to left (**Team B**) scores. They must attempt to play through balls into the end zone for a teammate to run on to. The neutral players can join in with the build-up play. One defender is allowed in the end zone once the ball has entered the end zone.
- Ensure the teams switch ends regularly.

### DEVELOPING THE PRACTICE

- Another attacker for Team B can be added to make a 2v1 attacking opportunity in the end zone.
- The addition of an extra defender to defend Team A's crosses can make a 2v2 scenario in the end zone.



## COACHING DETAIL: TECHNICAL

### PASS DETAIL

- Players should be encouraged to play passes in front of the player who is running into the end zone. Playing this pass with the right weight and timing is vital. The coach should encourage players to disguise their passes in an attempt to outwit defenders.

### MOVEMENT BEHIND DEFENDERS

- Players should use well-timed explosive movements to get in behind the opposition's defence. Players making these runs should be encouraged to arc their runs or run diagonally to reduce the risk of being caught offside. These runs can also be on the defender's 'blind side' to catch defenders unaware.
- Attacking players should look to read cues (head down to pass, foot pulling back to pass etc.) of the passing player to ensure their run is well timed.

### CROSS DETAIL

- Players should scan before crossing to be able to identify what type of cross will give their partner the best chance of scoring. To do this players may use:
  - Cutbacks
  - Lofted crosses
  - Low, driven crosses.

### FINISHING IN THE BOX

- Players should be encouraged to take their shots as early as possible, ideally before the GK is 'set' and before a defender can get back to block.
- Players should be encouraged to use different ball-striking techniques depending on the situation to increase their chances of scoring.