

Attacking & Finishing in the Final Third

Objective: Improve your teams' ability to score goals in the attacking third of the field.

1) Penalty Area Finishing Game (Warm-up- 10-15 minutes):

Inside the penalty area, play 2v1 with the remaining players around the outside of the penalty area, each with a ball. The two attackers must look to receive a pass from an outside player and then can attack the goal either by combining together or going directly to goal. Once the ball is out of play, attackers must look to get another ball. If two balls are played in at the same time, both balls are kicked out of play.



Coaching Points:

- Proper technique using inside of their foot (toe up, heel down, ankle locked, knees bent, head over the ball).
- Proper technique when passing/shooting using the laces (toe down throughout, ankle locked, knees bent, head over the ball).
- Proper heading technique- eyes open, mouth, closed, tuck chin in, use upper part of forehead, use neck and arched back for power.
- Attackers must look to see where the defender and 2nd attackers are (check shoulders before ball is received).
- Communication by the attackers and the passers is essential

2) Big Shot (20-25 minutes):

Use a 45x40 yard space (width of 18 yard box) play 3v2 in each of the two areas. Players must remain in their zone and can shoot the ball at any time or try to combine with the lone striker to score a goal. The two attackers must pressure the three players in his/her zone. If the attacking players win the ball, he/she can go directly to goal. Ball can be passed between the two zones to retain possession. After 5 minutes, rotate the attacking players. *Version 2:* If a pass is successfully made to a striker, then the player who passed the ball in may combine with the striker and cross into the opposite zone. Once play is over, joining attacker must return to starting zone.



Coaching Points:

- Techniques mentioned in exercise 1.
- Timing and pace of check runs for the striker to receive the ball.
- Striker must hold the ball up under pressure and look to turn when free. Receiving the ball with the outside of the foot, strong shielding base, knees bent, keeping body between ball and defender.
- Eye contact must be made between the passer and the striker before pass is played.

3) Channel Play (8v8 +2) (20-25 minutes):

In a 60x55 yard space (half field length, full field width), play 8v8 with one neutral player in each of the two wide channels. Players in the channels have two touches and move freely within the channel. Crossing the ball is encouraged, but playing short is allowed. Rotate the channel players every 3-4 minutes. **Version 2:** Players may pressure the players in the wide channels. **Version 3:** All players may move freely in the wide channels and the two neutral players are now placed on either of the two teams.



Coaching Points:

- Reinforce points made throughout the session.

4) Game to Two Goals: (25-30 minutes): Play 7v7 or 8v8 with 2 goalkeepers

Coaching Points:

- Reinforce coaching points made throughout the training session.

5) Cool Down: (10 minutes): Juggling in groups of four. Start with three touches each player then work down to one touch and back up to three. Statically stretch the large muscle groups.