


Key:

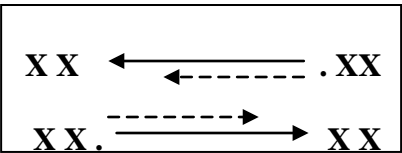
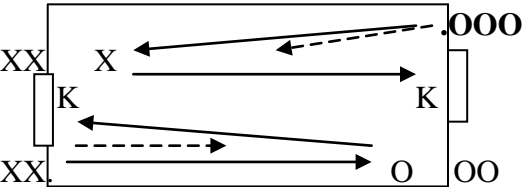
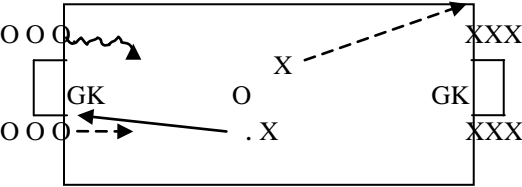
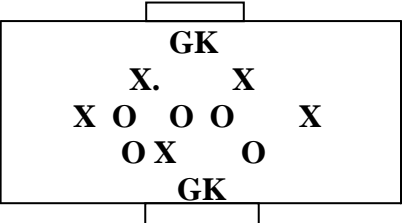
Running without the ball 

Running with the ball 

Pass 

TOPIC: Finishing

MYSA 'D' License Course

| <u>FUNDAMENTAL WARM-UP</u> | <u>ORGANIZATION</u> | <u>KEY COACHING POINTS</u> |
|--|--|---|
|  | <p>English dribble lines in 4s Pass to opposite line and follow Alternate feet, use instep, increase distance and power, include bending balls</p> | <p>Ankle locked, toe down Plant foot next to ball Strike w/ laces through middle of ball Knee/chest/eyes over ball Follow through at target</p> |
| <p><u>MATCH RELATED ACTIVITY 2</u></p>  | <p>1v0, 1v1 shooting Goals 30-35 yards apart Pass to opposite end and follow for:</p> <ul style="list-style-type: none"> - 1-touch shot - 2-touch shot - 1v1 for shot <p>Gradually increase pressure from passer</p> | <p>Same as above plus: Good preparatory touch Shooting at speed when under pressure</p> |
| <p><u>MATCH RELATED ACTIVITY 3</u></p>  | <p>2v1 counterattack game (35x20) 2 attack from endline, after shot 1 stays to defend v. 2 new attackers</p> | <p>Go to goal at speed Recognize/create finishing opportunity Accuracy before power Follow shot for rebounds Transition to defense</p> |
| <p><u>MATCH CONDITION GAME</u></p>  | <p>5v5 plus GK (36 x 44 – double pen. area)</p> <p>Keep field short for more shooting opportunities, wide for variety of angles and serves</p> | <p>Technical aspects of shooting as above Willing to take chances Finishing mentality</p> |