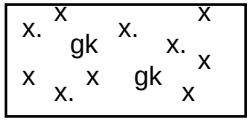
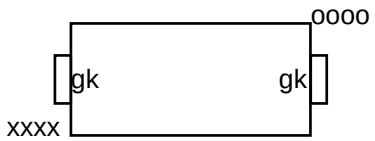
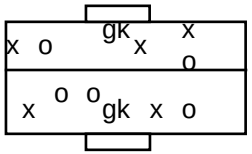
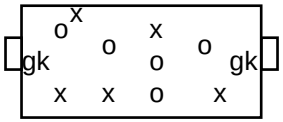
Finishing

By Chad Moore, MN ODP Staff

Activity One 	Organization • 44 yds x 30 yds • Each player has a ball - seated, volley with partner, strike from ground with partner • Pass, move, dribble 4-6 balls around the area; when a GK calls a name, that players "shoots" it at her; she catches it and then distributes to other field player •	Coaching Points • Technique of instep shooting
Activity Two 	Organization • 20 yds x 15 yds with 8 yd goals • 1v1 to goal with GK's • Change starting point (a & b)	Coaching Points • See above • Recognize moment to shoot
Activity Three 	Organization • 30 yds x 44 yds split in half (short, wide field) • Players must stay in designated half • 4v2+2v4 to goal	Coaching Points • See above • Team shape
Activity Four 	Organization • 44 yds x 30 yds with 8 yd goals • 6v6 to goal	Coaching Points • See above