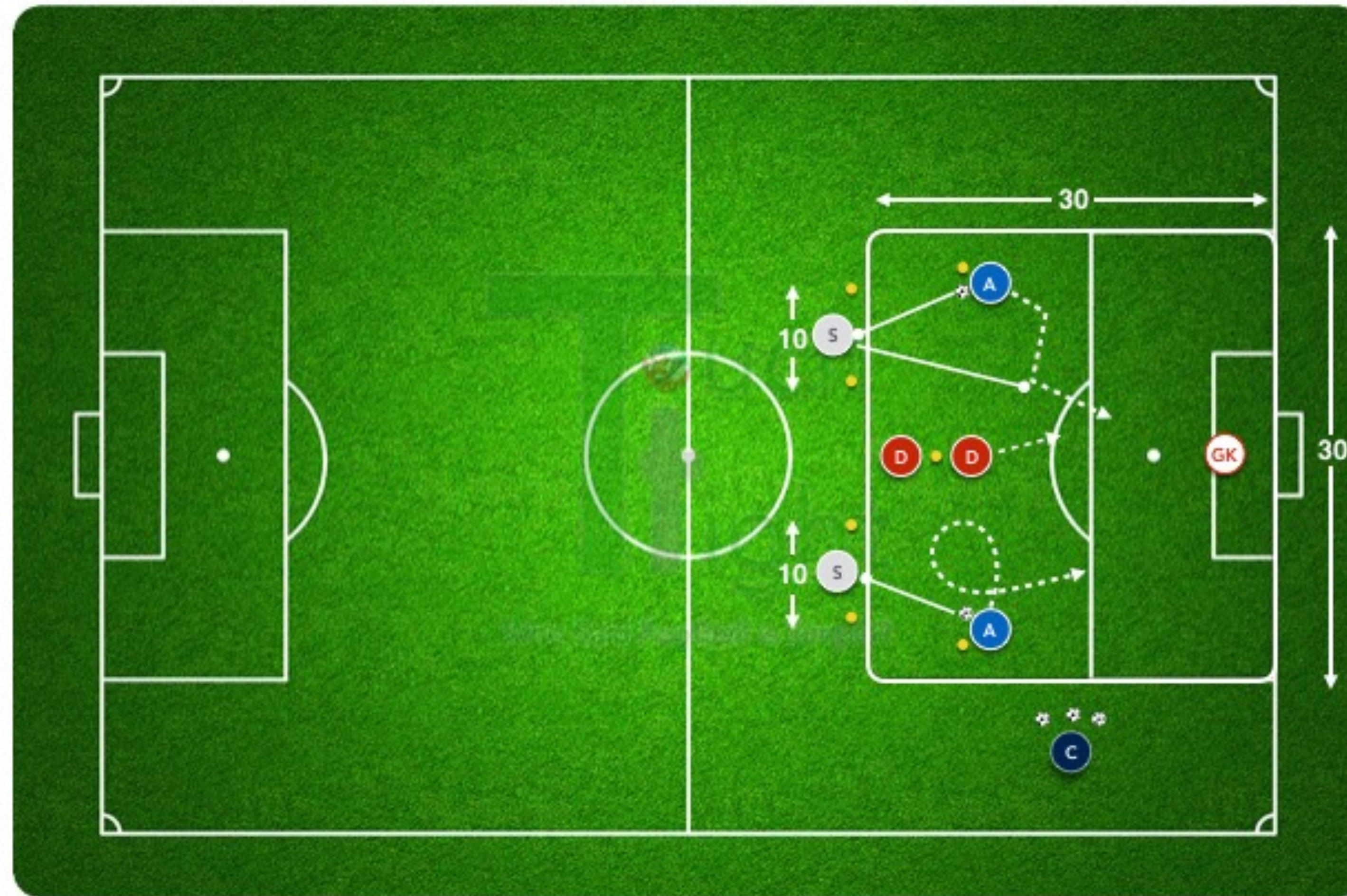


Level 1 Technique

Finishing 1 v 1 with the Goalkeeper

Set Up:

- 7 players minimum in this finishing practice
- 2 Attackers take it in turns to receive ball off server to finish
- 1 Defender will chase Attacker after pass, with players rotating roles throughout



Set Up:

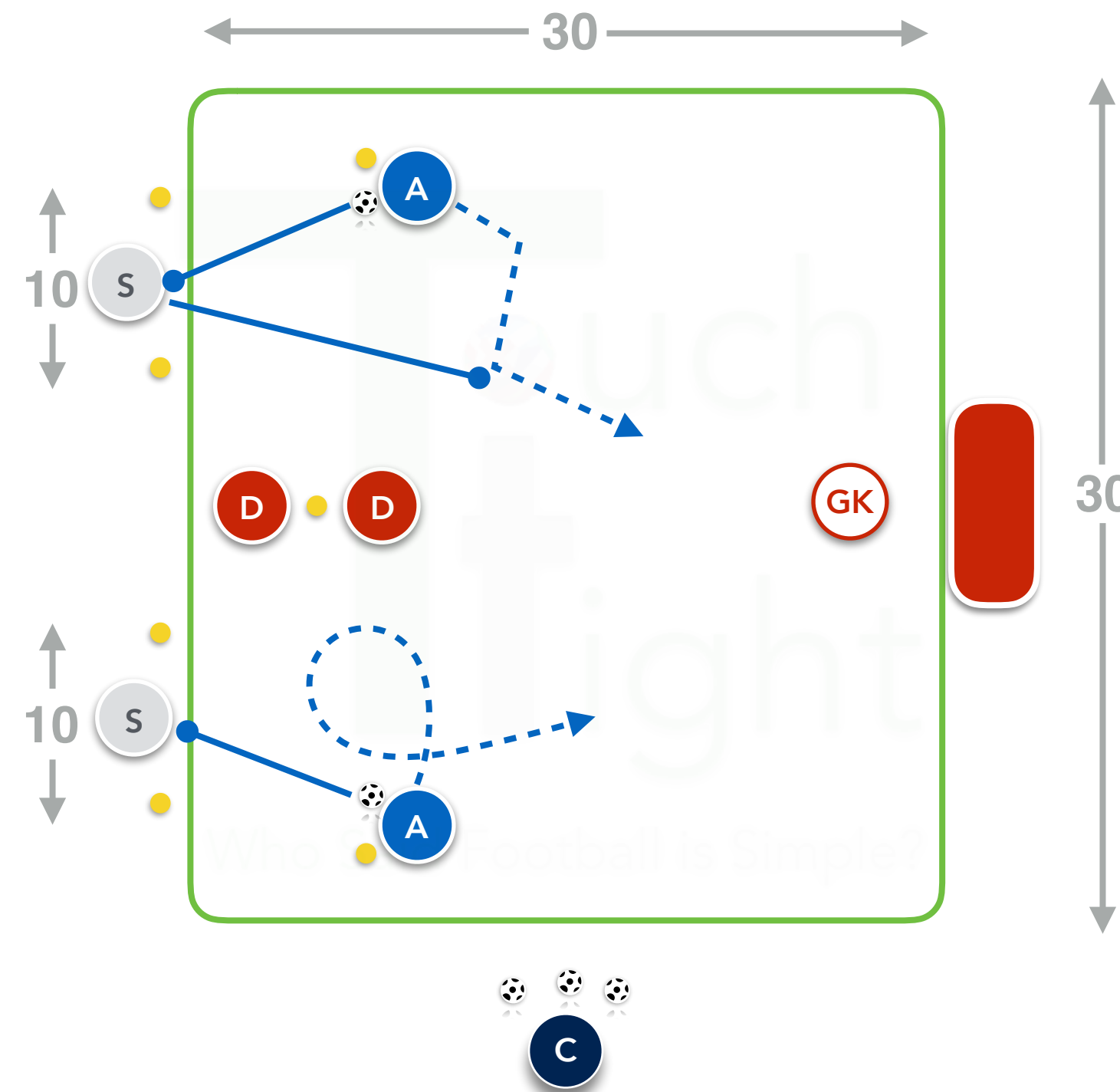
- Placement of ball: under, over, down side or around the GK.
- Judging distance from which to place ball past GK or decide to take around him.

Level 1 Technique

Finishing 1 v 1 with the Goalkeeper

Coaching Points

- Steep directional changes: cutting in a new direction.
- Explosive acceleration to accompany change of direction.
- Lengthy touches on the ball to be able to travel at speed when running.



Coaching Points

- Changes of pace & direction on the run, before breaking to move onto ball.
- Moving quickly towards goal, with ball at feet.
- Observing position & movement of GK.

In Game **Key Points** Progression

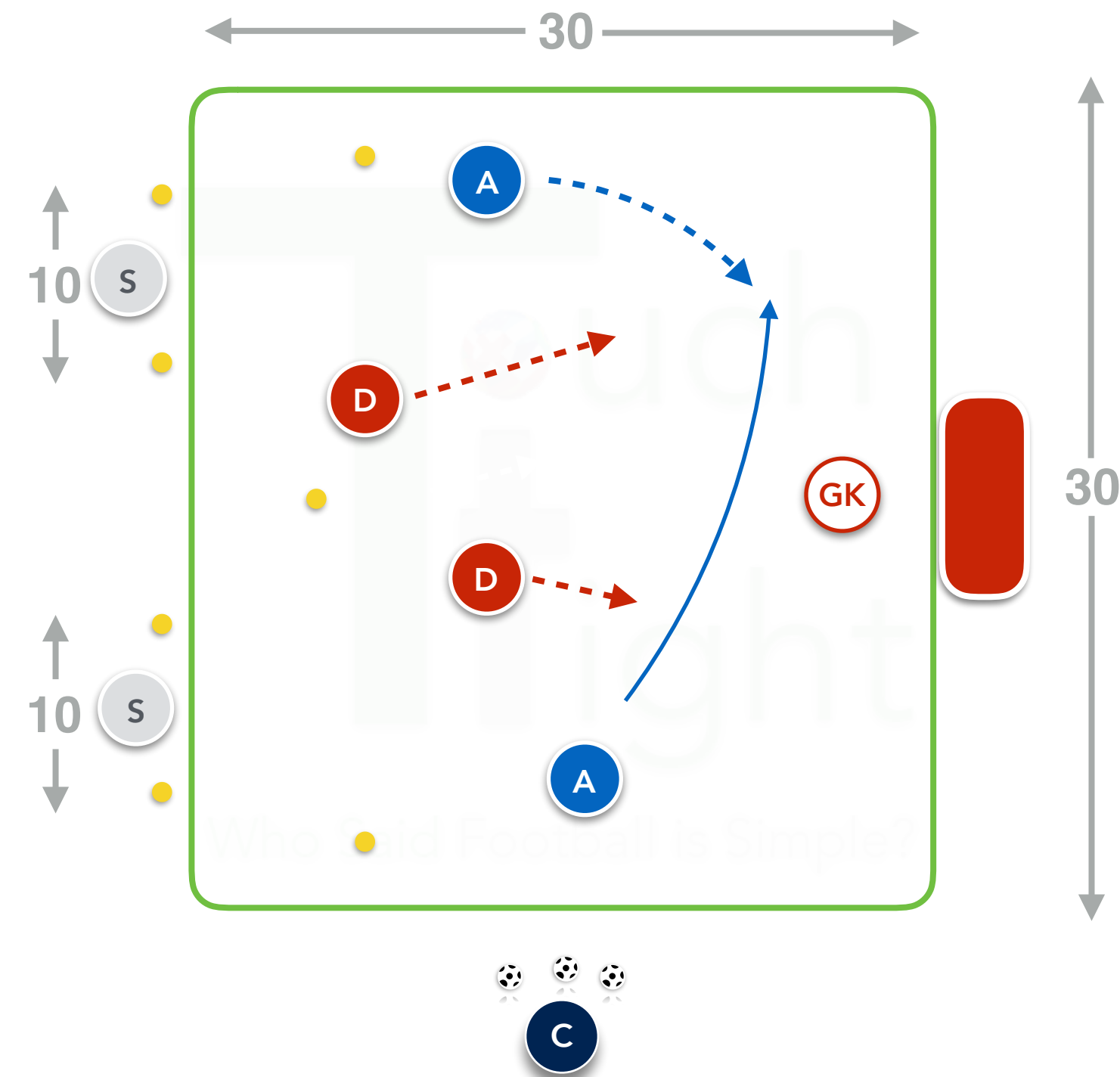


Level 1 Technique

Finishing 1 v 1 with the Goalkeeper

Progression

- A's work as a pair, having option to pass.
- 2nd D to recover & put pressure on A's.
- Vary nature of service (aerial, bouncing ball etc).



Progression

- Deciding to shoot, pass to other attacker or take ball past GK in 1v1 situation.
- Awareness of recovering D.

In Game Key Points Progression

