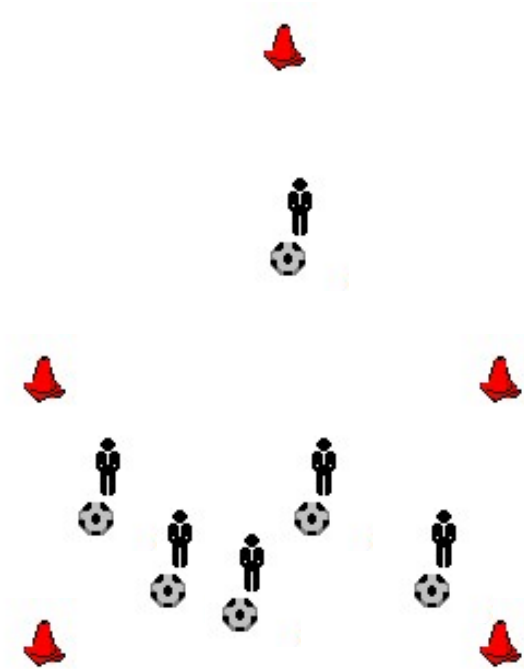


# FINISHING



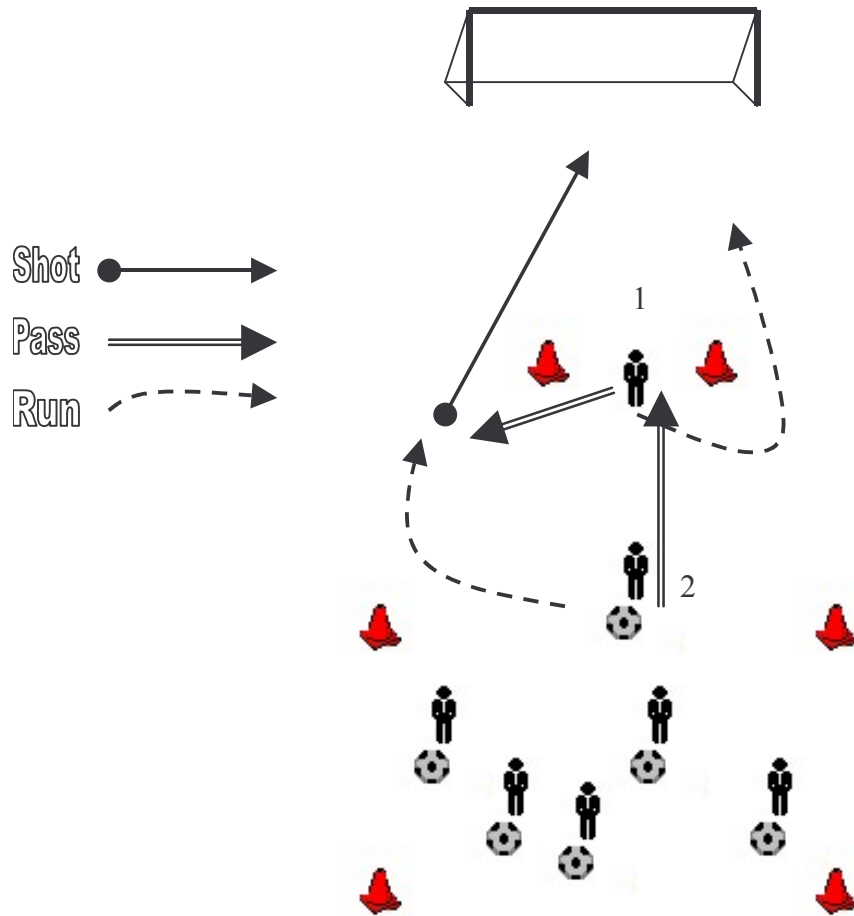
## Exercise 1:

A cone is set out in front of the goal a distance that is appropriate for your players to shoot from. A grid is also set up 10 to 15 yards away from the cone. Have all your players inside the grid dribbling or juggling. The coach will call out a player's name and the player must quickly dribble at the cone, perform a move and take a shot. The player should then retrieve their ball and rejoin the grid.

## Coaching Points:

- Players in the grid should stay active
- Have the players use moves that you have introduced previously in training
- Perform moves with right and left foot and shoot with both feet too
- Players should react quickly to the coaches commands

# FINISHING



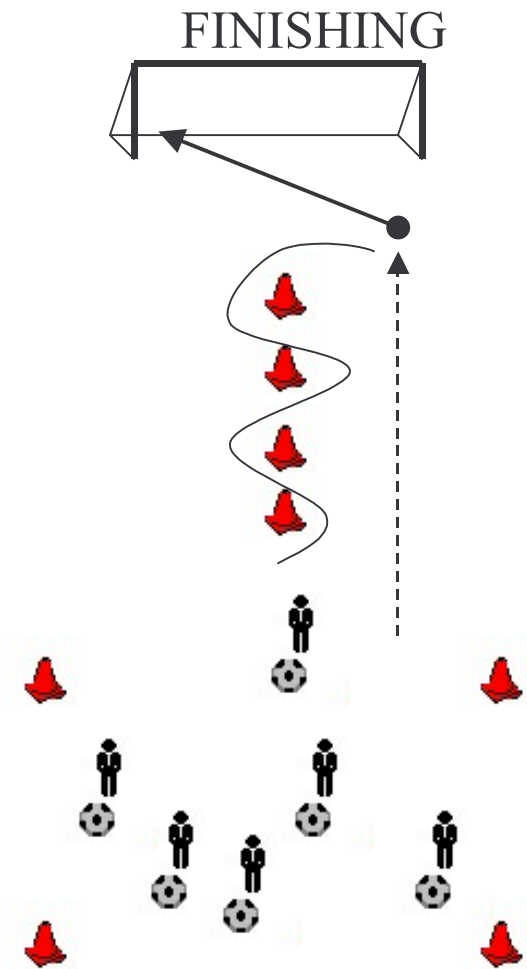
## Exercise 2:

A gate (two cones) is set out in front of the goal a distance that is appropriate for your players to shoot from. A grid is also set up 10 to 15 yards away from the cone. One player, without a ball, is standing in the gate (Player 1). Have all your other players inside the grid dribbling or juggling. The coach will call out a grid player's name (Player 2).

1. Player 2 passes the ball to Player 1 then makes a run to one side of the gate.
2. Player 1 makes a wall pass back to the Player 2 and then makes a bent run to the opposite of the gate for a follow up shot.
3. Player 2 takes a shot on goal
4. Player 1 retrieves the ball and rejoins the grid
5. Player 2 takes the place of Player 1 in the gate and the exercise repeats

## Coaching Points:

- Players in the grid should stay active
- The passes and shot should all be 1 touch if possible
- Make sure the players rotate correctly so the exercise will be smooth
- Have players make runs to both sides so they can use both feet
- The gate players must turn away from the shooting players so they don't get hit with errant shots



**Exercise 3:**

A slalom set of cones is set out in front of the goal with the last cone being a distance that is appropriate for your players to shoot from. A grid is also set up 10 to 15 yards away from the slalom course. All the players are in the grid juggling or dribbling with a ball.

- Variation 1: The coach will call out a grid player's name and the player will dribble through the slalom as quick as possible and then shoot on the goal. The player retrieves the ball and rejoins the grid.
- Variation 2 (illustrated above): The player who is shooting can pass the ball along the outside of the slalom (slow pass) then navigate the slalom without the ball, regain control of the ball and shoot on goal. The player retrieves the ball and rejoins the grid.

**Coaching Points:**

- Players in the grid should stay active
- Players should enter both sides of the slalom so they will be shooting with both feet