



Diagram Key:



Player running with ball



Pass



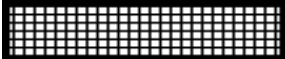
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Receive, Dribble, Shoot

Category: Ball Striking/Shooting

Practice Segment:

- Technical
- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Ball Striking/Shooting

Players: 8-12

Time: 20 min

Basic Finishing w/Coerver:

Set Up:

- Cone set at center and top of penalty area
- 2 additional cones set 6-8 yards toward midfield at the same width as the goal posts
- 2 cones, 1 each beside the goal at the points where the goal area meets the goal line
- 5 cones on each side of the area being used; these cones should be about 18-24 in apart
- Players are split evenly between the starting points (red cones) and balls are beside the goal

Action:

- Player beside the goal passes the ball to the player at the cone outside the box and on the same side
- After passing, that player rotates by following the pass, but on the way must slalom through the cones on the side
- Player who receives the ball controls it and dribbles at the cone at the top of the penalty area, performs a move (specified by coach) and shoots
- Shooter collects ball and rotates to the opposite side passing group (rotation follows numbers)

- Note: Agility ladders can be added on the sides for the server to run through when rotating.

Focus:

- Quality/pace of pass
- Quality of technique of move and shot
- Striking technique
- Shoot correctly as quickly as possible after move

