

Four Part Finishing Drill

Fundamental

Finishing



Procedure:

Part One: A Center Mid (Player B or C) passes to the Center Striker (Player A) who receives in front of the mannequin. Player A turns and finishes (Diagram A).

Part Two: The other Center Mid passes to the Center Striker and both CM's run to goal. Player A lays the ball off or passes back to either CM for the finish (Diagram B).

Part Three: The three attackers regroup behind the mannequin, and then run to goal to finish a cross from

Player D. After the finish, they regroup behind the mannequin again and run to goal to finish a cross from Player E (Diagram C).

Part Four: After finishing the second cross, the attackers regroup behind the mannequin one last time to begin a 3 v 2 to goal. A CM waiting in line feeds the last ball in, and the defenders come thru the gate and onto the field with his first touch. Play goes to completion, and then all the players rotate off.

Scoring:

Teams score one point for any goal scored without opposition and two points for scoring a goal during the 3 v 2. Defenders score one point for winning the ball during the 3 v 2.

Coaching Points:

- 1 First Touch – Direct the ball with your first touch to the spot that you want to shoot from.
- 2 Finishing – Use ball and body feints to get the goalkeeper moving along his goal line.
- 3 Attacking – Look to split the defenders with the killer pass during the 3 v 2.

Progressions:

- 1 Add a second shot after each cross - a back pass to a trailing attacker after each cross.
- 2 In Part One, the Center Striker (Player A) turns and finishes a pass from both CM's.