



Finishing — Putting Them Away

Session 30 • Attacking and finishing • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Side-Foot It

0:10 – 0:25 • 15 MIN

The Three Finishes

0:25 – 0:40 • 15 MIN

Follow It In

0:40 – 0:55 • 15 MIN

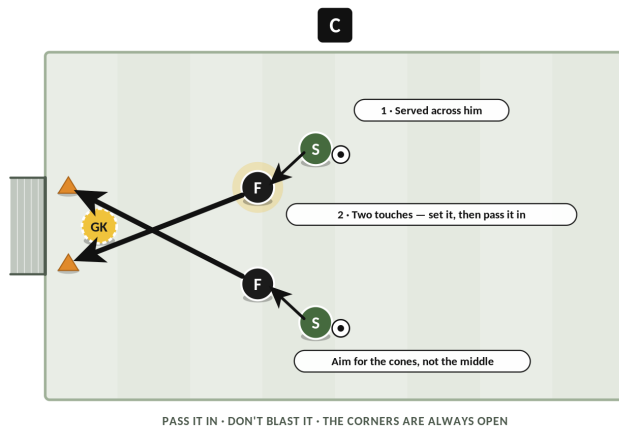
Two Touches in the Box

0:55 – 1:00 • 5 MIN

Questions and homework

30.1 SIDE-FOOT IT

Warm-up • 10 min



PASS IT IN - DON'T BLAST IT - THE CORNERS ARE ALWAYS OPEN

SET UP

- 30 × 18 m with a full goal and goalkeeper at one end.
- A cone just inside each post as a target.
- Pairs — a server and a finisher, working from both ...

RULES

- Two touches maximum — set it, then finish.
- Side-foot only. A shot with the laces scores nothing, however good it is.
- 1 point for a goal, 2 for a goal inside a cone.

COACH IT

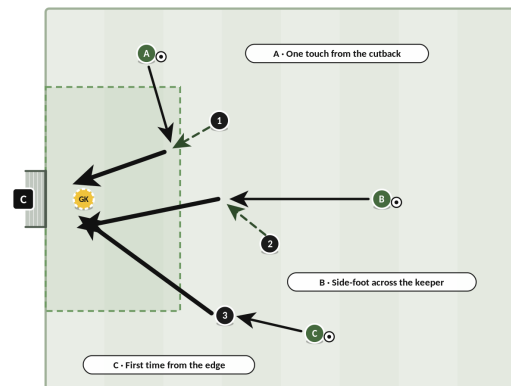
- Technical: Standing foot beside the ball and pointing at the target; ankle locked; follow through towards the corner; head down and still ...

SAY

- No point scored, calmly, every time.
- Look at the ball. You already know where the corner ...

30.2 THE THREE FINISHES

Technical practice • 15 min



ONE TOUCH - ACROSS THE KEEPER - FIRST TIME — ROTATE EVERY THREE MINUTES

SET UP

- 42 × 34 m with a full goal and goalkeeper, the box marked.
- Three serving stations: A beside the byline, B centrally 30 m out, C wide of the box at 20 m.

RULES

- Station A: one touch only. Station B: the finisher may take two touches and must finish before the 6 m line. Station C: first time only.
- Everybody works all three stations.

COACH IT

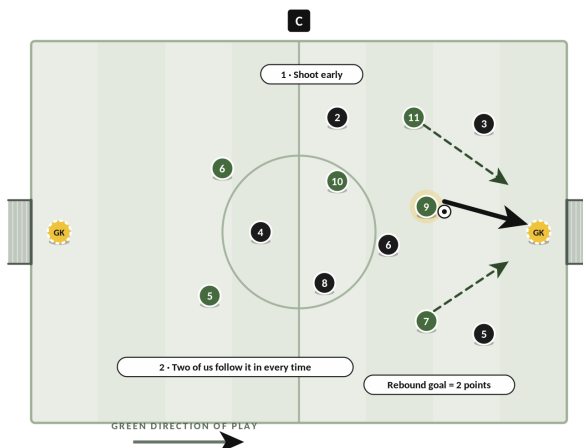
- Technical: Three techniques: the side-foot redirect (A), the side-foot pass across the goalkeeper (B), and the low driven shot with the head over the ball ...

SAY

- Early. He's not set yet — that's the moment.
- Head over the ball, knee over the ball, keep it ...

30.3 FOLLOW IT IN (6 v 6 + GKs)

Skill game • 15 min



SET UP

- One pitch, 42 × 30 m, both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes every two minutes.

RULES

- Every shot must be followed in by at least two players. A goal from an unfollowed shot still counts, but no bonus applies.
- A goal from a rebound = 2 points.

COACH IT

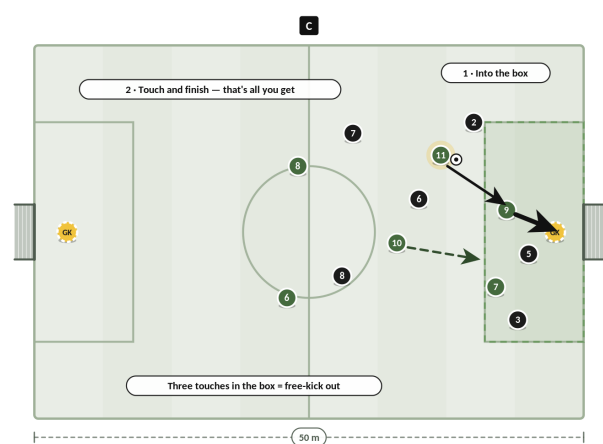
- Technical: Finishing off balance, from awkward angles, at speed — because that is what a rebound gives you.

SAY

- Call it out loud every time until it stops.
- One near post, one back post.

30.4 TWO TOUCHES IN THE BOX (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals and clearly marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes every two minutes.

RULES

- Two touches maximum inside the penalty area. A third touch is an indirect free-kick to the other team.
- From minute 7: rebound goals count double.

COACH IT

- Technical: First touch inside the box has to go somewhere useful, because there is no second chance to fix it. This is the highest-pressure first touch ...

SAY

- Free-kick, every time, without discussion.
- Get in there. Two touches is plenty.