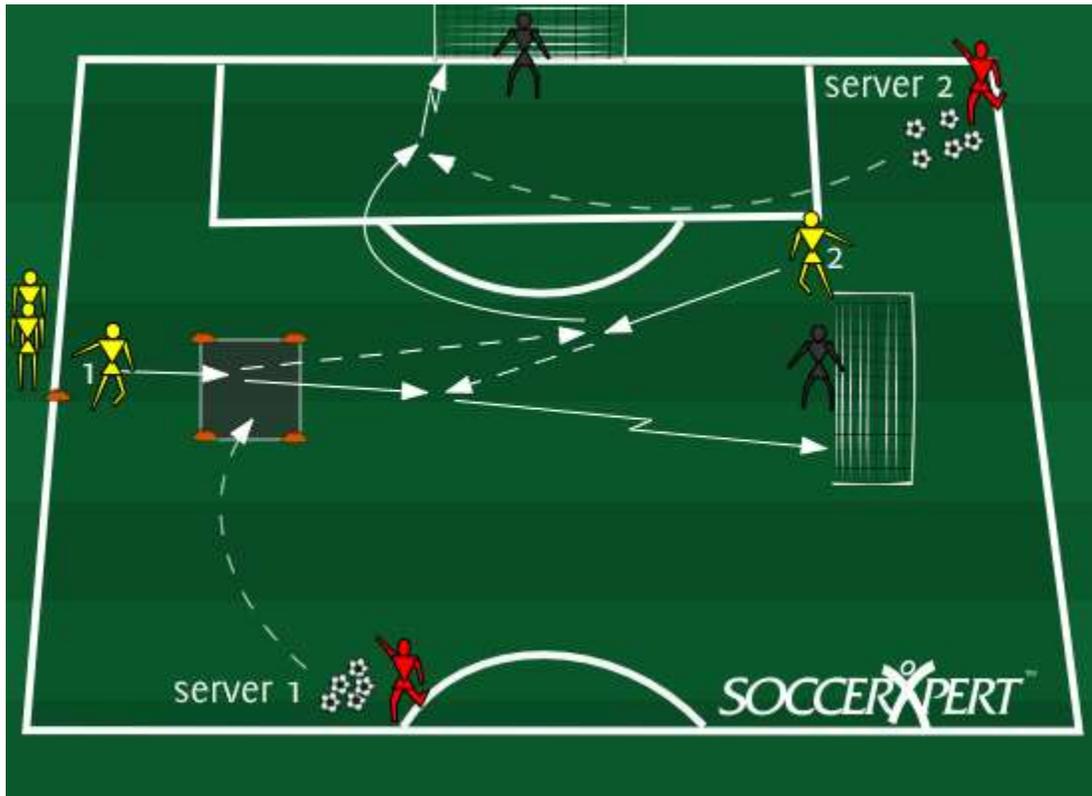


Finishing In Front of the Goal

Chris Johnson 5,032 Views Rating 0 (0 Reviews)

This finishing soccer drill focuses on collecting a flighted serve, knocking it to a forward, and finishing on goal.



Soccer Finishing

This finishing soccer drill focuses on collecting a flighted serve, knocking it to a forward, and finishing on goal.

Drill Setup

1. Using half of a soccer pitch, set a portable goal 8 yards out from the penalty area on the right side.
2. Place an 8X8 yard grid on the other side of the penalty area in line with the portable goal.
3. A keeper should be in each of the two goals.
4. Set Server 1 near the center circle.
5. Set Server 2 in one of the corners near the main goal.
6. Each server should have a supply of soccer balls.
7. The remaining players start at the sideline opposite the portable goal.
8. See the diagram for the field layout.
9. Adjust the size based on the age and skill level of the players.

Drill Instructions

1. Server 1 starts by playing a ball into the grid to Player 1.
2. Player 1 times their run, collects the ball and plays into Player 2.
3. Player 2 returns the ball to Player 1 who shoots on the portable side goal.
4. Immediately after Player 2 returns the ball to Player 1, Player 2 peels off and makes a run to the back post of the primary goal.
5. Server 2 plays a ball into Player 2 who has a shot on the primary goal.
6. Player 1 switches roles with Player 2, the shooter joins the line on the sideline.
7. Play quickly so there is no standing or lines.

Drill Variations

- Play flighted balls, ground balls, and bouncing balls from each of the servers.

Drill Coaching Points

- Quality first touches when receiving balls from the server.
- Get the shot on the frame.
- Focus on finishing.

Equipment

- Soccer Practice or Training Balls - Every player should have a soccer balls at practice to have a successful training session.
- Full Size Goal - Full Size Goal
- BowNet Goal - 4'x6' BowNet Goal

Drill Ages

- 13 - U13, Under 13, 13 and Under
- 14 - U14, Under 14, 14 and Under
- 15 - U15, Under 15, 15 and Under
- 16 - U16, Under 16, 16 and Under
- 17 + - U17, U18, U19, U20, and Older

Soccer Drill Skill Focus

- Passing - Soccer Passing Drills
- Receiving - Soccer Receiving & Turning Drills
- Crossing - Soccer Crossing/Finishing Drills
- Attacking - Soccer Attacking Drills
- Shooting - Soccer Shooting Drills

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