GAME-LIKE FINISHING

Dribbling -> 1v1 -> 2v1 -> wide service -> game

SESSION OVERVIEW

SESSION AIM

Develop a range of finishing solutions under realistic time, opponent and goalkeeper pressure.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Finishing	FINISHING AFTER DRIBBLING	FINISHING 1V1	Transfer decisions into 6v6

WARM-UP | FINISHING AFTER DRIBBLING

ORGANISATION

Mark out a 15 x 30-yard field with a 15 x 10-yard central area. Put a goal and goalkeeper at each end. Each player has a ball and a number.

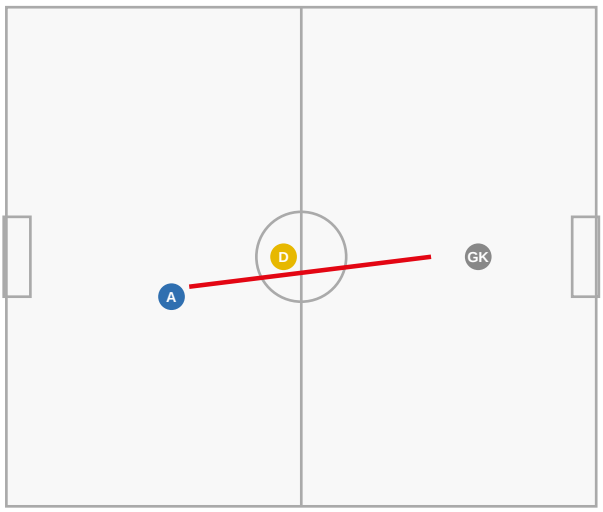
HOW IT WORKS

Players dribble in the central area. When the coach calls a number, that player attacks one goal while the next number attacks the opposite goal.

COACHING POINTS

- Choose the finish to suit the goalkeeper's position.
- Use both feet.
- Attack the goal at game speed.
- Keep a mental record of goals scored.

DIAGRAM



React to the call, break from the central area and finish.

PROGRESSIONS

1. Specify a dribbling move before the finish.
2. Specify a finishing technique such as chip, curl or pass finish.

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PRACTICE 1 | FINISHING 1V1

ORGANISATION

Use the same field. Divide players into numbered pairs, each with a ball.

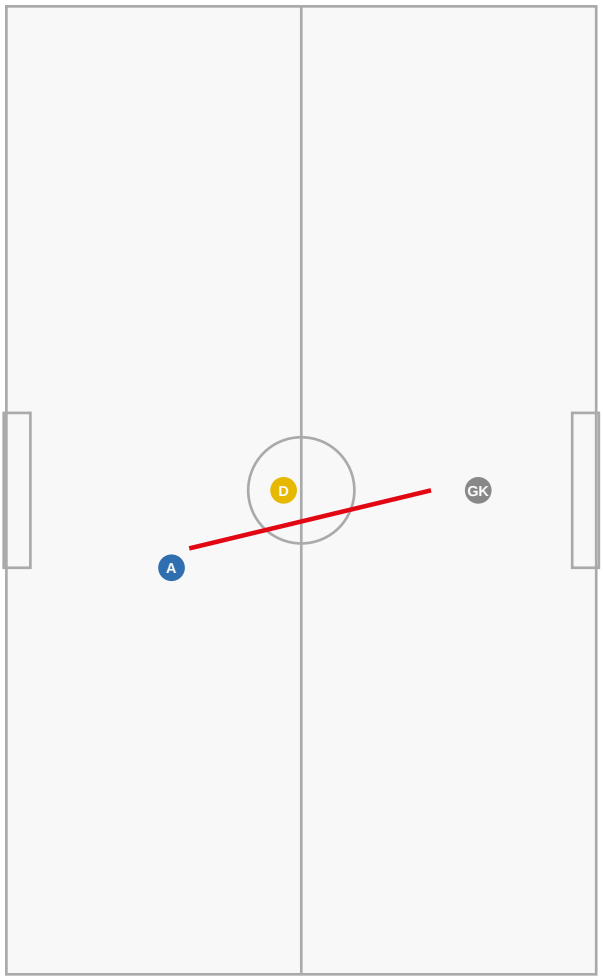
HOW IT WORKS

Pairs pass and move inside the central area. When their number is called, the player with the ball attacks goal. The partner briefly kneels, then recovers as a defender.

COACHING POINTS

- Pass and move quickly before the call.
- Attack before the defender can recover.
- Protect the ball from the recovering defender.
- Read the goalkeeper and select the best finishing solution.

DIAGRAM



The attacker finishes under gradually increasing recovery pressure.

PROGRESSIONS

1. Remove the kneeling restriction so the defender can chase immediately.
2. Change pairs regularly.

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PRACTICE 2 | FINISHING 2V1

ORGANISATION

Use the same area. Divide players into groups of three. Each group has a number and each player a letter A, B or C.

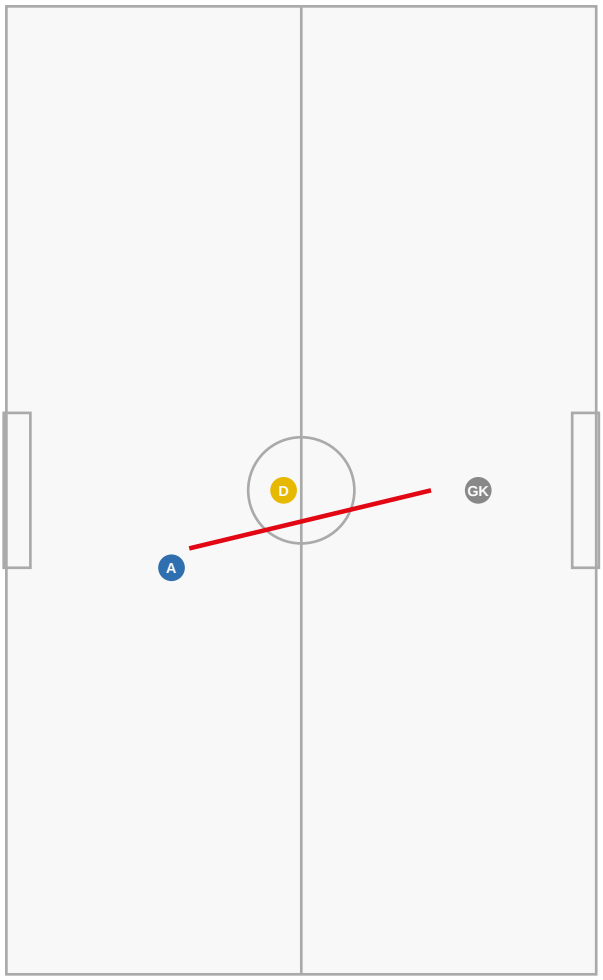
HOW IT WORKS

The coach calls a group number and a letter. The called letter becomes the defender; the other two attack the goal 2v1.

COACHING POINTS

- Attack at speed and force the defender to make a choice.
- Use the pass or dribble depending on the defender's position.
- Frame the goal and follow up rebounds.
- Keep intensity close to match level.

DIAGRAM



Two attackers solve the defender and goalkeeper at speed.

PROGRESSIONS

1. Limit the time allowed to score.
2. Focus on one finishing technique for a block of repetitions.

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PRACTICE 3 | 2V1 WITH WIDE PLAYERS

ORGANISATION

Use the same setup and add a wide player on each flank.

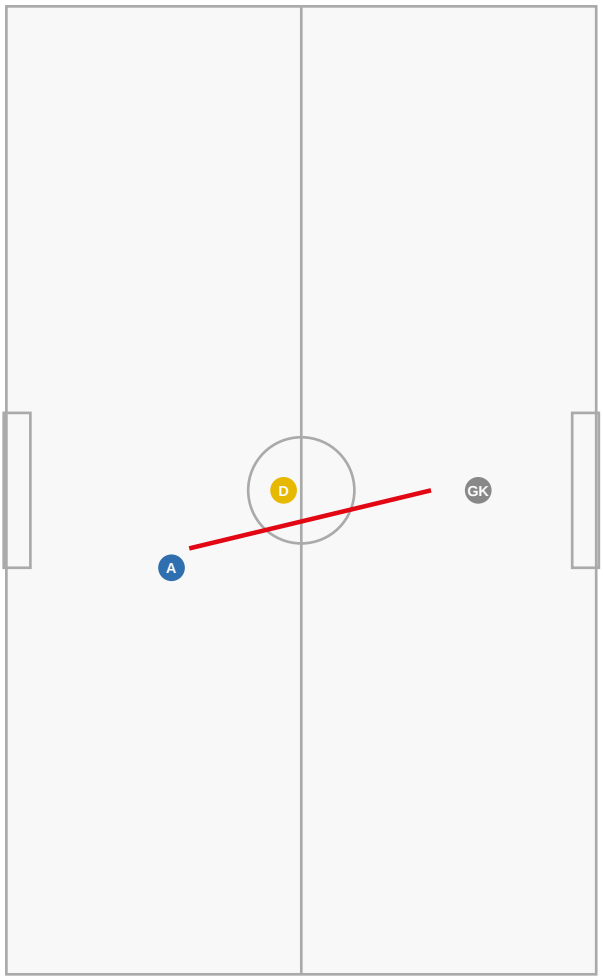
HOW IT WORKS

If the coach calls only the group number, the group plays wide and attacks with three players. The wide player delivers from the flank.

COACHING POINTS

- Time runs to arrive with the cross.
- Read the wide player's body shape and visual cues.
- Make angled near-post and far-post runs.
- Attack the ball rather than waiting for it.

DIAGRAM



Use wide service and coordinated runs to finish.

PROGRESSIONS

1. Require the wide player to cross first time.
2. Add a recovering defender from behind.

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FINAL GAME | 6V6 FINISHING GAME

ORGANISATION

Mark out a 15 x 30-yard field with two goals. Play 6v6 including goalkeepers.

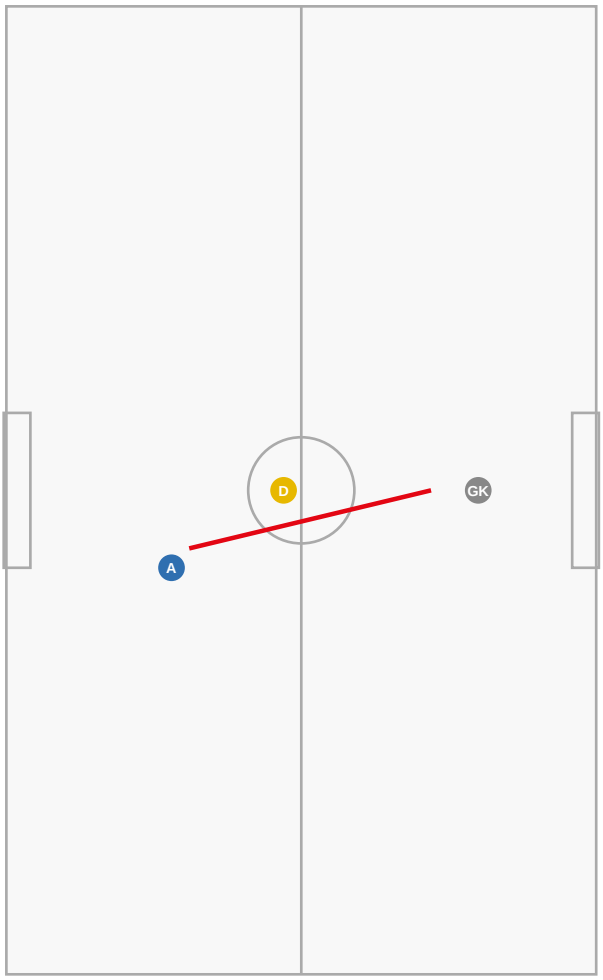
HOW IT WORKS

Play with a 30-second limit to finish after gaining possession. A player who has scored cannot score again until all teammates have scored.

COACHING POINTS

- Finish quickly when the chance appears.
- Support rebounds and second balls.
- Keep score throughout the session to increase pressure.
- Transfer the range of finishing solutions into the game.

DIAGRAM



Create repeated game-like finishing moments under pressure.

PROGRESSIONS

1. Make goals in the final game worth double.
2. Remove restrictions and play freely.