

# Thomas Tuchel

## 30 Soccer Exercise



Created by Elite.Soccer.Coach







Thank you for choosing to invest in this book.  
You have chosen to invest in your knowledge as a football coach and it will generate great results for your team.

We have selected what we think are the 30 best exercises that we have seen Thomas Tuchel have used in his teams:

Mainz

Dortmund

PSG

Chelsea

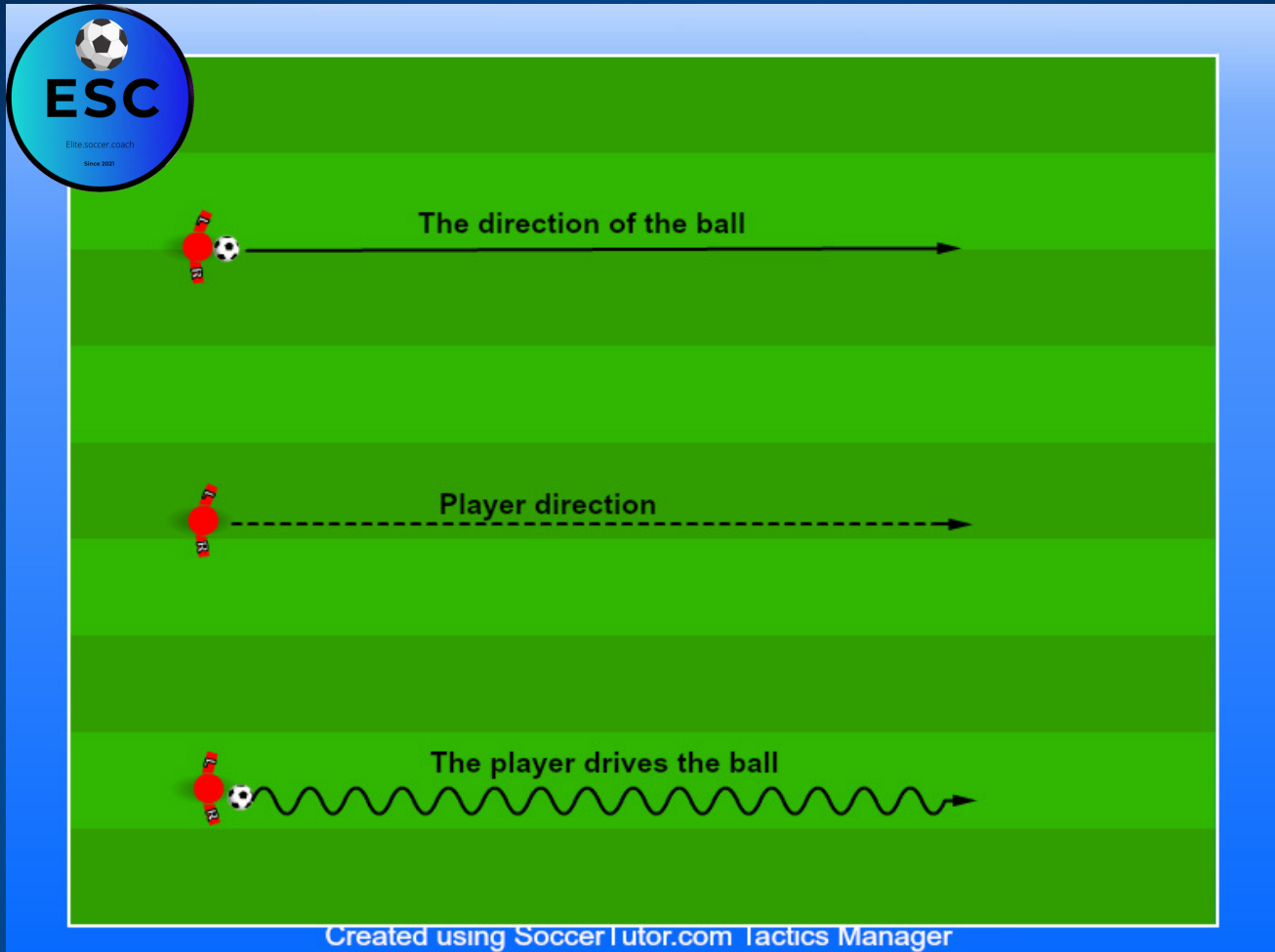
He may not be the founder of these exercises but he has used them in his teams and we think these are valuable to you as a coach.

What makes this Ebook unique is that you will have access to both still images that show the exercise but also moving material (animated) created in tactical pad. In each exercise, we will explain how it works in text, coaching points, etc. We will show in pictures, then you get a link that you can go to and then you get to see the exercise in animated.

*Elite.Soccer.Coach*



# Explanations



Explanations that are good to know before reading the Ebook





# Thomas Tuchel

Tuchel began his coaching career in 2000, as a youth team coach for VfB Stuttgart, and helped with the development of future A-team players. For example, he was responsible for Mario Gómez and Holger Badstuber.

In 2005, he returned to Augsburg, who was impressed by his ability to coach youth players, and was given the role of youth team coordinator. Tuchel held that role for three years and eventually became the A-team coach for Augsburg II during the 2007-08 season.

Tuchel's time as coach of Augsburg II later impressed many German high-class clubs, and in 2009 he moved to the Bundesliga club Mainz 05 and took over from Jürgen Klopp, who left for Borussia Dortmund. Tuchel, who was promoted to the position after being a youth coach in Mainz for the past 12 months, signed a first two-year contract.

April 2015, it became clear that Jürgen Klopp would leave Borussia Dortmund after the 2014-15 season. The successor, just as it was in Mainz, would be Thomas Tuchel.

In comparison with that time, Tuchel now had significantly greater financial means to move with.

Tuchel ended his time in Dortmund with 68 wins, 23 draws and 17 losses, from 108 matches, which is a winning percentage of 62.95%.

In May 2018, Tuchel signed a two-year contract with big investor Paris Saint-Germain, he became the successor to Unai Emery.

His first signing was superstar Kylian Mbappé, which cost 137 million euros. In December 2020, Tuchel was fired from the club.

In January 2021, Tuchel was hired as head coach of the English London club Chelsea FC after club legend Frank Lampard was fired after poor results in the domestic league. Tuchel led the team to a fourth place and the Champions League title when Chelsea player Kai Havertz scored 1-0 against Manchester City which later became the final result.





# Thomas Tuchel Titles as a coach.

## **Borussia Dortmund**

- DFB Pokal: 2016-17

## **Paris Saint-Germain**

- Ligue 1: 2018–19, 2019–20
- Coupe de France: 2019–20
- Coupe de la Ligue: 2019–20
- Trophée des Champions: 2018, 2019
- UEFA Champions League andraplats: 2019–20

## **Chelsea**

- UEFA Champions League: 2020/2021
- UEFA Super Cup: 2021
- Världsmästerskapet i fotboll för klubbtag: 2021



# Passing Exercises

Thomas Tuchel

*"There are many ways to be a leader" - Thomas Tuchel*





# 1. Passing Exercises- Thomas Tuchel

**Number of players:** At least 8.

**Area:** You can vary this on what you think fits well for your team, but the important thing is that there is a good distance between the passes.

## Description:

As we see in the picture, A starts with the ball, plays the ball to B, B plays back to, B enters centrally between the obstacles and is passed by A.

B plays the ball on to C who plays past his obstacle forward and B is the one who meets.

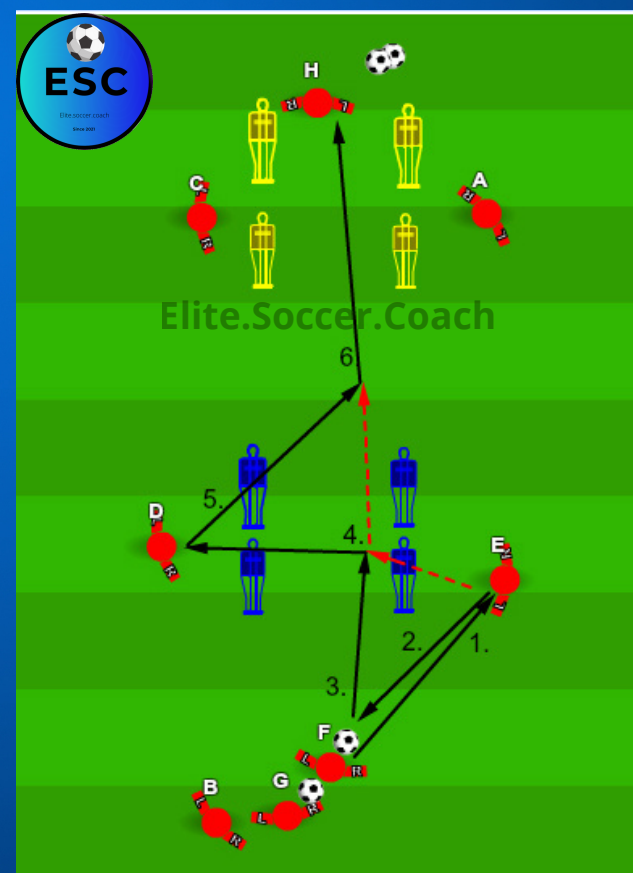
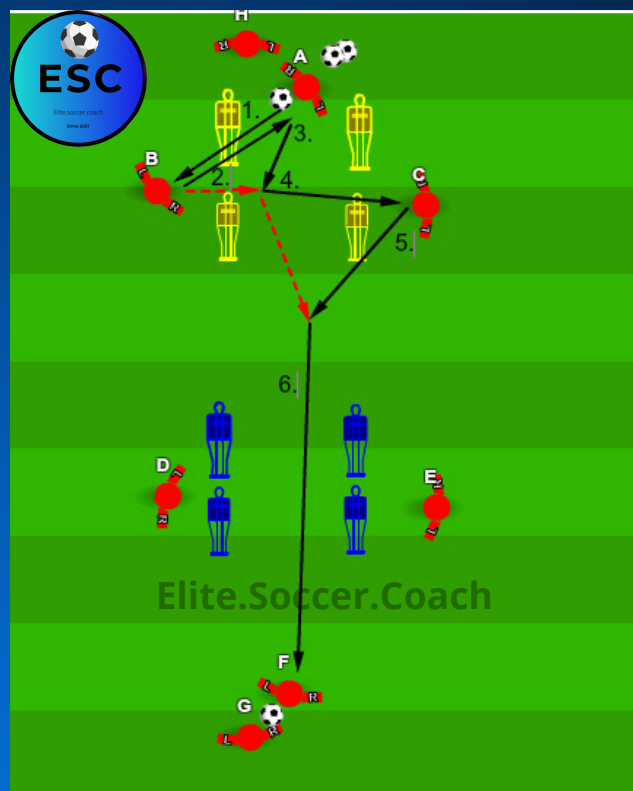
B player then the straight ball to F.

Then F starts the ball and you play in the following way from the direction previously explained.

Rotates that A takes C's place, C takes B's place and B stands in the opposite direction behind G (see second picture).

## Coaching Point:

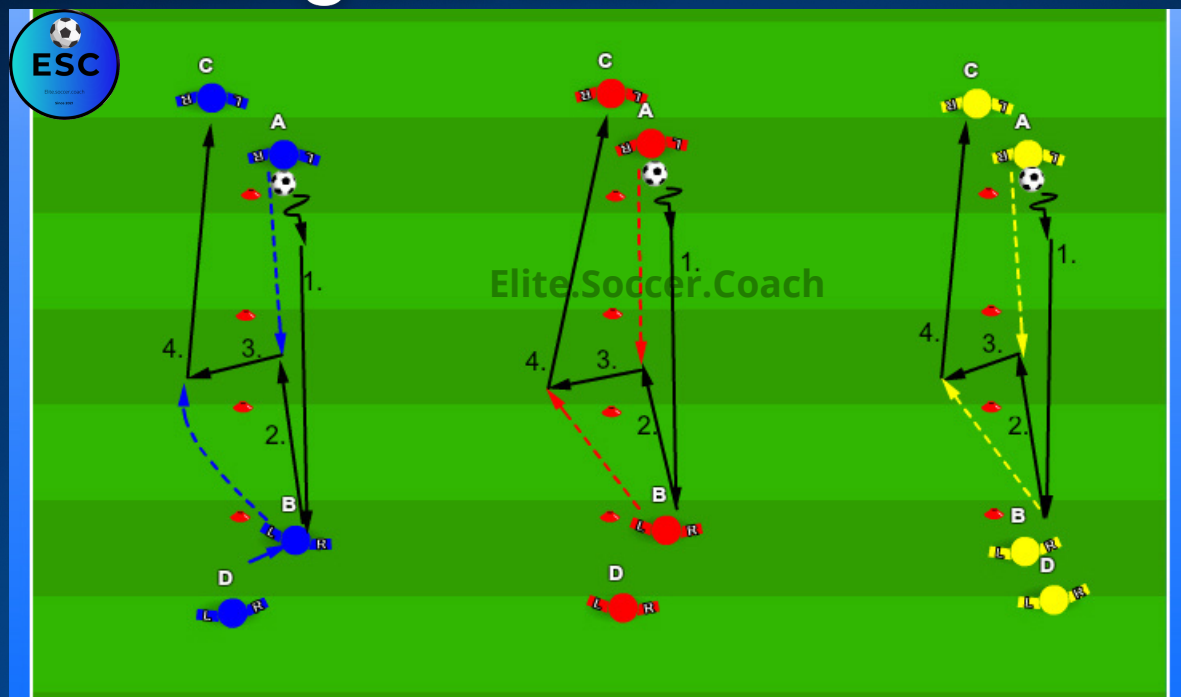
- New position after passing.
- Always work with angles both of posture and in the game.



**Animated Video:** <https://youtu.be/xP9IJ38ZVM4>



## 2. Passing Exercises



**Number of players:** At least 4.

**Area:** Around 20m.

### Description:

An exercise that Chelsea and Tuchel used in training before the CL final 2021.

An exercise that works well as a complement to the warm-up before you enter a game exercise.

As we see in the picture, A starts with the ball, drives it forward then plays it to B, B plays to oncoming A on a strike.

A wall plays with B between the cones in the middle and B plays the ball down to C who does the same procedure with D.

A and B change places when they are ready.

### Coaching Point:

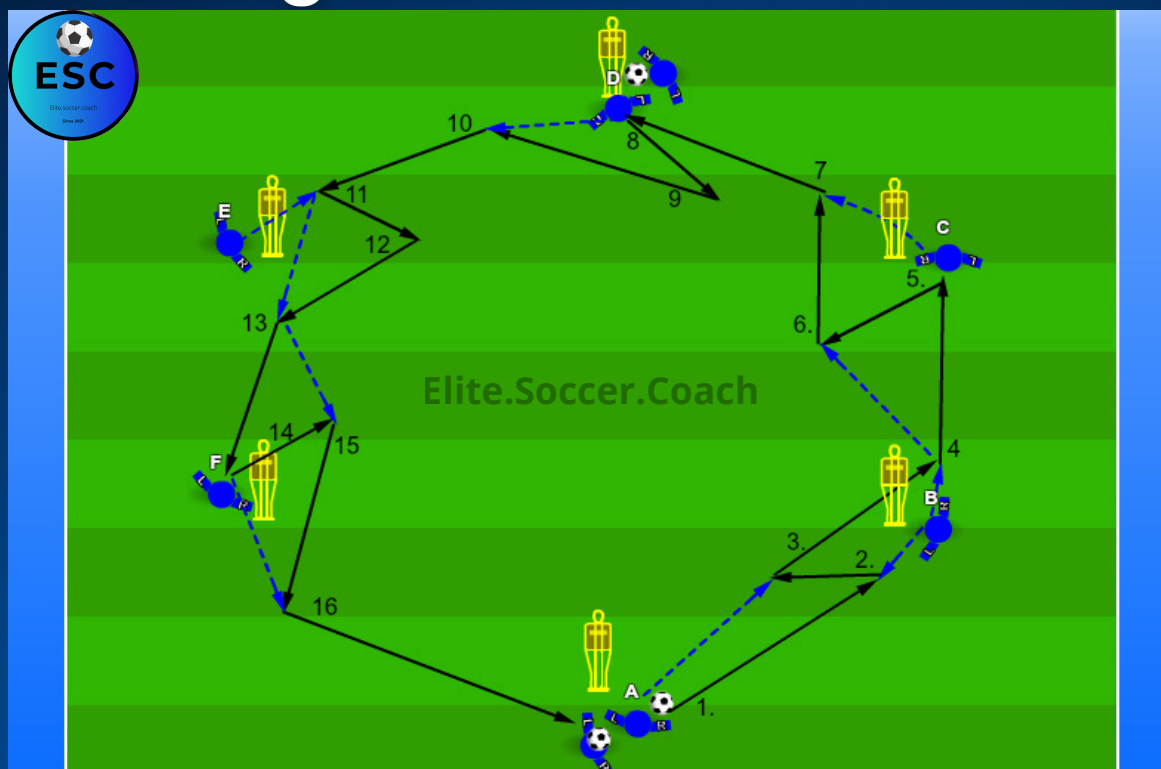
- Posture that allows you to play on one touch.
- Timing.



**Animated Video:** <https://youtu.be/-ce9SsCsCVk>



# 3. Passing Exercises



**Number of players:** At least 8 players.

## Description:

A starts with the ball, Passes the ball to B who plays back to oncoming A.

A and B will play with each other past the obstacle.

B takes the ball with him and plays it to C then will play B and C with each other past the obstacle.

C then plays the ball to D and C meets D and they play the ball past the obstacle.

Then you continue all the time around and will play past each obstacle.

What I saw Tuchel do was that they started 2-3 balls at the same time in this exercise, so you do not have to wait too long before you get ball contact.

Start one ball at D and one at A at the same time.

## Coaching Point:

- Once you have passed the ball, you must always make yourself playable quickly.
- Quality in the passes.



**Animated Video:** [https://youtu.be/IQ5pFd9\\_nsw](https://youtu.be/IQ5pFd9_nsw)



# 4. Passing Exercises

**Number of players:** At least 7 Players.

## Description:

A starts with the ball, it plays diagonally to the left of B.

B takes the ball past his obstacle on a touch and plays the ball to C who makes himself playable.

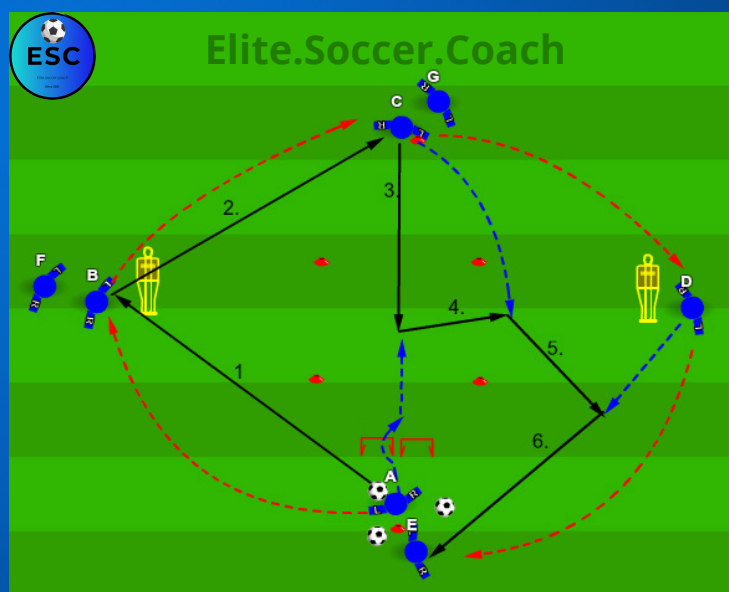
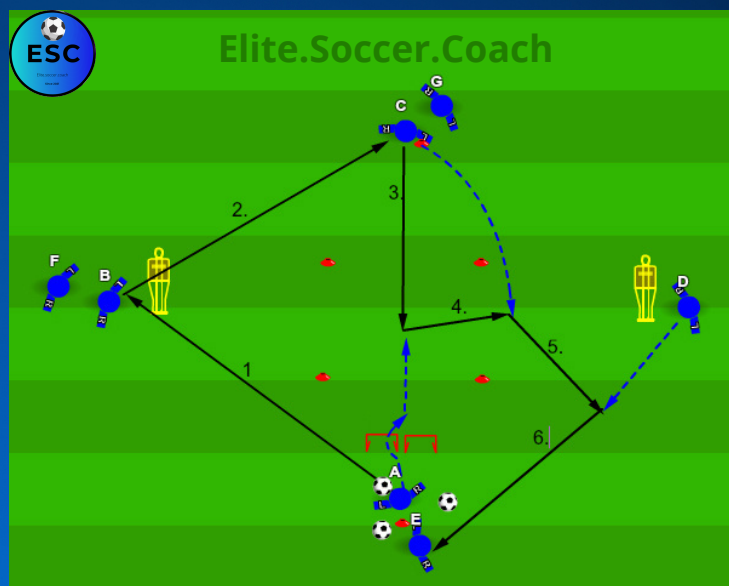
Meanwhile, A jumps over the hedges and makes himself playable in the middle of these four red cones.

C plays to A who plays the ball back to C and C plays the ball in depth to D who times the run and D then plays the ball to the first player in the line.

See picture two on how to rotate.

## Coaching Point:

- Timing passes and running.
- Passing quality.
- Play on few touches.



**Animated Video:** <https://youtu.be/YiGswE74lBg>



# 5. Passing Exercises

**Number of players:** At least 8 Players.

## Description:

A starts with the Ball, B meets in front of the obstacle.

A Plays to B who plays back the Ball to A. A then plays the ball up to C who meets in front of the obstacle, B has then taken a run around his obstacle on the outside and makes himself playable for C. C plays to B, B then plays to D who makes himself playable on the side of the obstacle.

C has taken a run around the obstacle on the outside and becomes playable for D. D and C wall play past the obstacle that D is standing at.

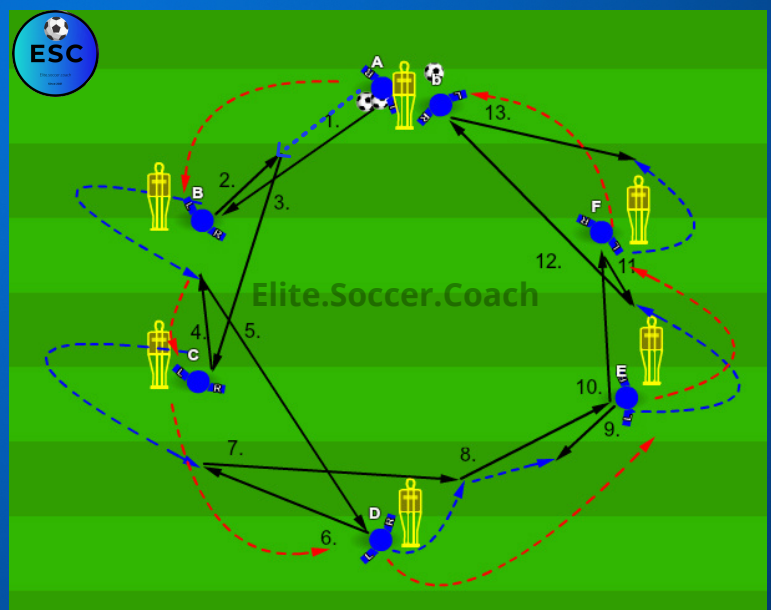
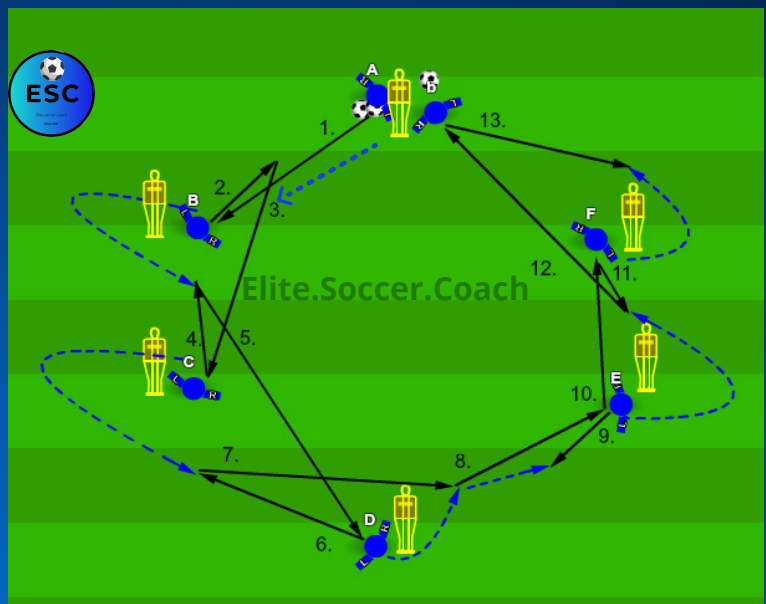
Then you play exactly the same on the other side.

A tip is to have two balls running at the same time, D and A could start on the vasin side.

*See picture two on how to rotate.*

## Coaching Point:

- Timing passes and running.
- Passing quality.
- Play on few touches.



**Animated Video:** <https://youtu.be/a78qfEjYccc>



# 6. Passing Exercises

**Number of players:** At least 8 Players.

## Description:

The first picture so we see A start with the ball. A plays the ball to B who meets in front of the yellow obstacle.

B wall plays with C, C in turn takes the ball with him when you play past the obstacle and plays the ball to D who makes himself playable behind the yellow obstacle. D drives the ball in.

When D has played the ball in, we start as in picture two.

a plays to b in front of the yellow obstacle. b takes the ball with him and wall plays past the yellow obstacle with c.

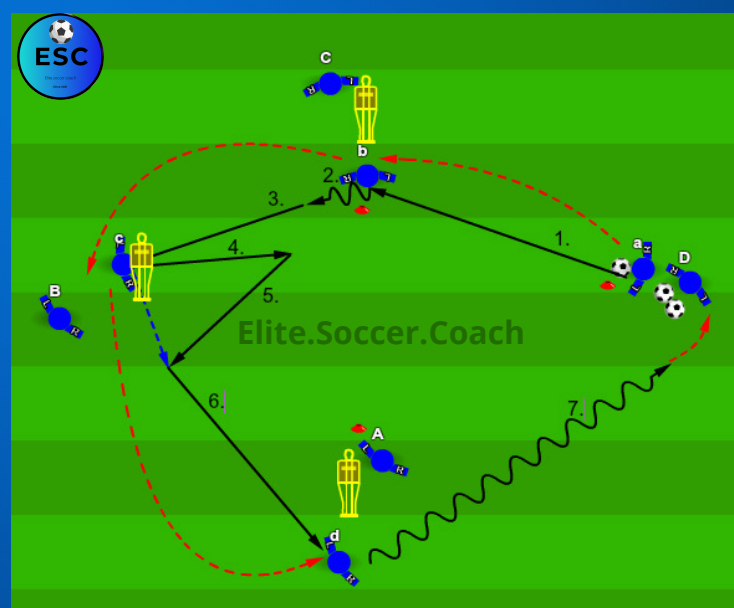
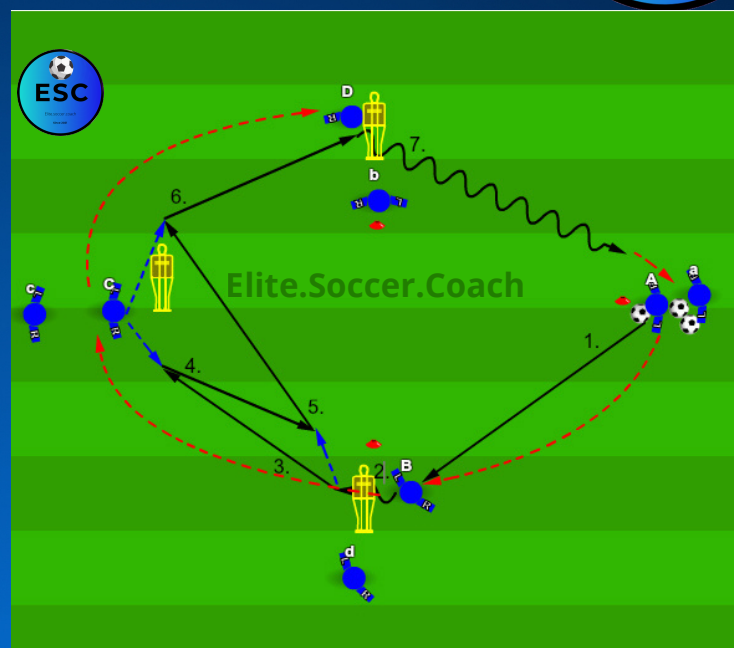
c then plays the ball down to d behind the yellow obstacle and d then drives the ball in behind D.

then you restart as in picture 1 then in picture 2.

*See red line in picture how to rotate.*

## Coaching Point:

- Timing passes and running.
- Passing quality.
- Angles, body position before passing pass.



**Animated Video:** <https://youtu.be/J3-QpdTfsW4>



# 7. Passing Exercises

**Number of players:** At least 8 Players.

## Description:

The exercise begins with A and A plays the ball to B.

B receives the ball and plays it to C who makes himself playable in front of the yellow obstacle.

C continues to play to A who has made himself playable.

A then plays the ball up to D who meets in front of the obstacle.

When D has the ball, C meets and shows game depth back.

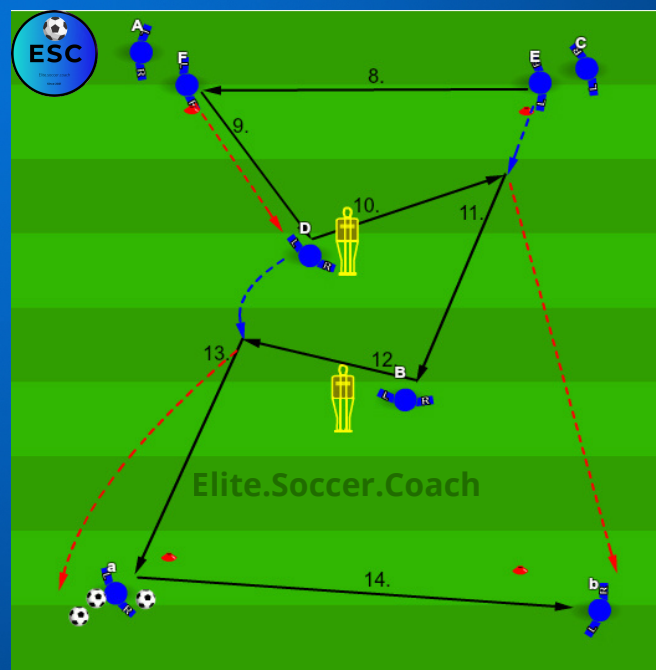
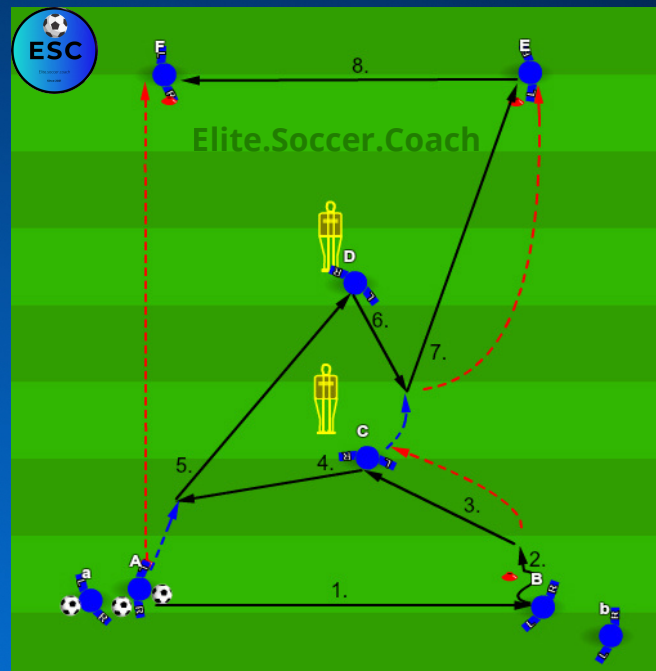
D plays the ball to C and then C plays the ball to E.

Then the exercise begins again from the other side.

Check carefully in picture two how the players have rotated compared to the first picture.

## Coaching Point:

- Timing passes and running.
- Angles, body position before passing pass.
- Deep depth front and back of the two players in the middle.



**Animated Video:** <https://youtu.be/PUc6LnsPhcl>



# Rondos Exercises

Thomas Tuchel

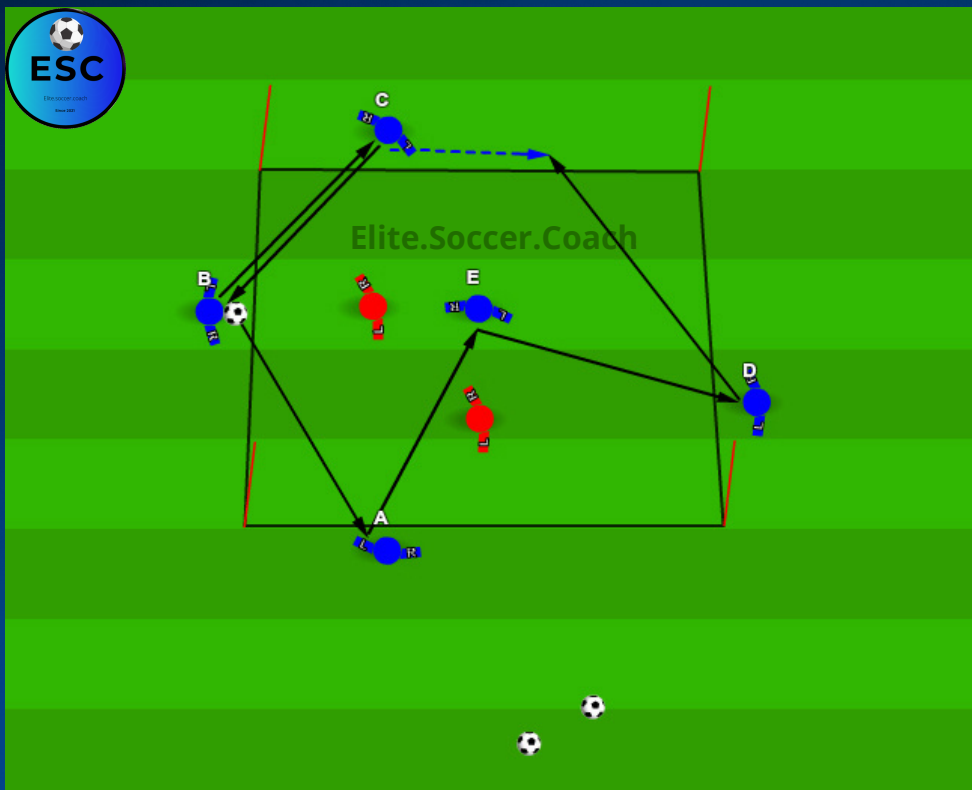
*"We play attacking football.  
We're PSG; that's what we're  
used to - to create opportunities.  
It's in our DNA."*

*- Thomas Tuchel*





# 1. Rondo 4+1 v 2



**Number of players:** 7 Players

**Area Size:** 10x10 - But adapt the area to the quality of your players.

**Description:** In this rondon, you play 4 that only get on the line or outside the square, then that team also has a player who can only move inside the square.

These five players must keep the ball within the team for as long as possible. The two defenders in the middle will try to win the ball and get it out of the square.

Should one of the players who is to retain possession of the ball lose the ball, that player exchanges with the one who breaks in the defending team.

## Coaching Point:

- Playability.
- Communication.
- Passing quality.



**Animated Video:** <https://youtu.be/MWWgxvINS6A>



## 2. Two Rondos 4 v 1



**Number of players:** 6 players

### Description:

You sort up two squares that sit together, see the picture

Four players start to keep the ball within the team and one player chases in the middle and will try to break.

A player stands in the far square of the far line.

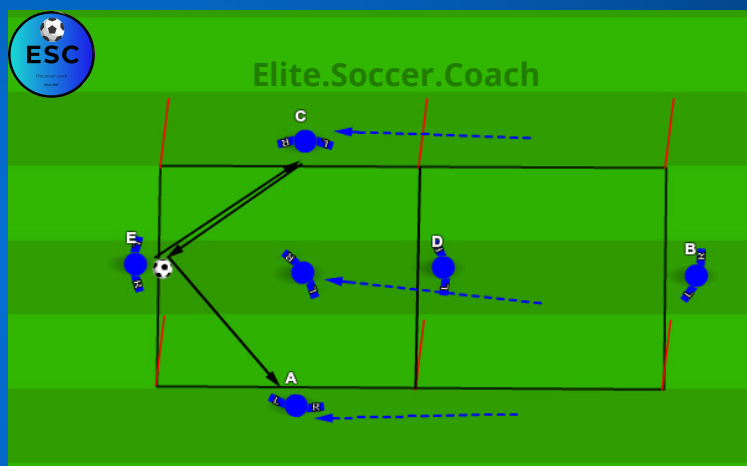
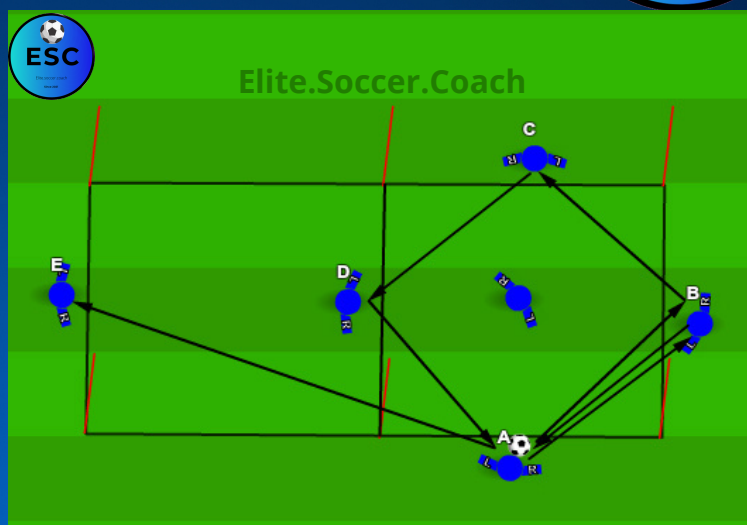
When you have played 6 passes within the team (more or less, you can vary it yourself)

Then you have to change the square to the other.

See the second picture.

Passing must take place to the player who is there, then there is a quick transfer of all players except player B in the picture.

Then the same principles apply here. Should the player in the middle break, you only exchange with the one who lost the ball.



### Coaching Point:

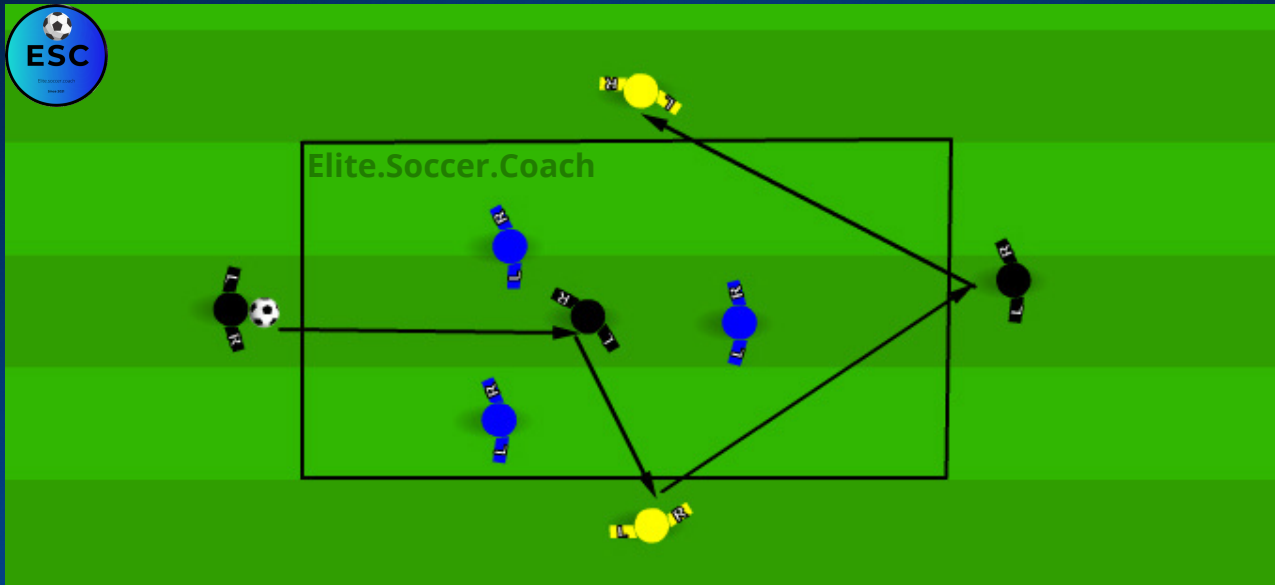
- Posture before passing and receiving.
- Fast transition.



**Animated Video:** <https://youtu.be/hXbjb5Rar8g>



# 3. Rondo



**Number of players:** 8 Players

**Area Size:** 15x20 - But adapt the area to the quality of your players.

## Description:

In this Rondo, you are divided into two teams, as well as two players who are always with the ball-holding team (the Yellow players).

The black team is the team that will keep the ball possession, the blue players are the ones who will defend and break.

The black team has two players outside the square and one inside that is playable, and so are the yellow players as I said with that team.

If the team that defends itself succeeds in breaking passes or if the ball dies in another way, the team changes, so that the black team defends and the blue has the ball possession.

## Coaching Point:

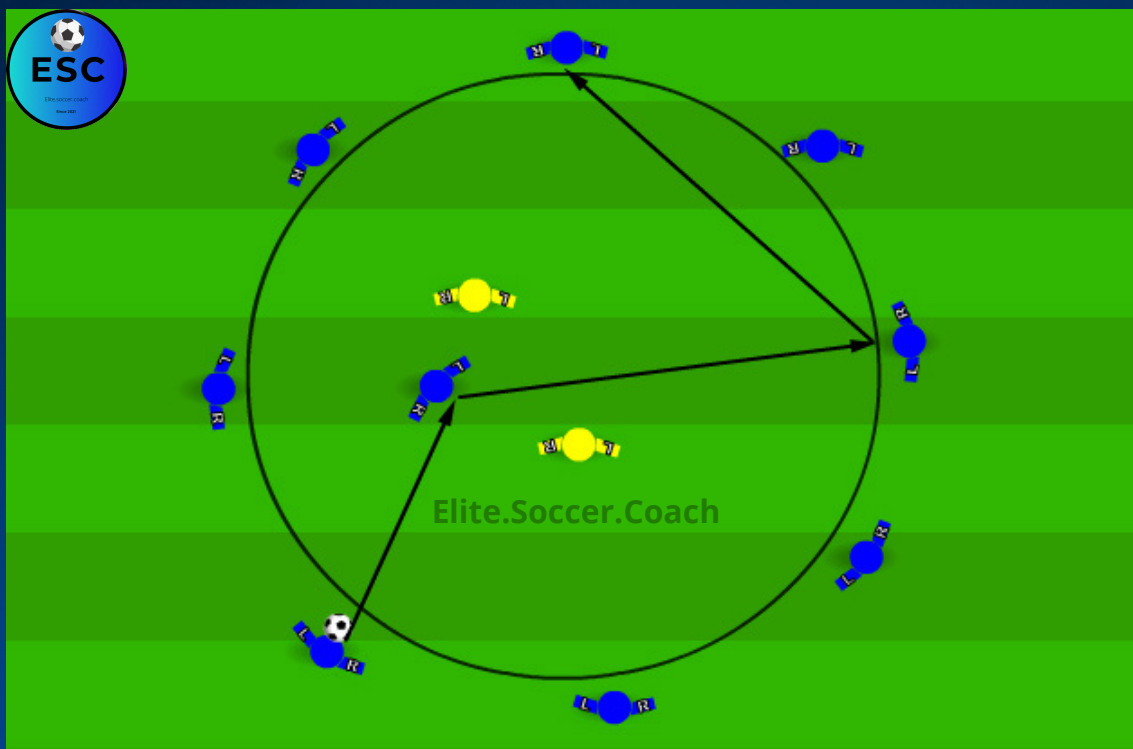
- Playability.
- Communication.
- Passing quality.



**Animated Video:** <https://youtu.be/WY4NsGYjPgQ>



## 4. Rondo



**Number of players:** 9-12 Players

**Area Size:** The center circle.

### Description:

In this Rondo you can use the middle circle, if you think it will be too big you can make a smaller circle, it works well.

The principle is as in the other rondo, here you play a 9 v 2 game, you can play 9v3 as well.

The blue players must keep the ball possession in the team, all but one player is outside the circle and may not step inside, but one player moves freely inside and makes himself playable for the others.

Should a player in the blue team lose the ball possession to the yellows (defenders) or that you lose it, you change and become a defender and the one who broke the pass in the defending team changes places.

### Coaching Point:

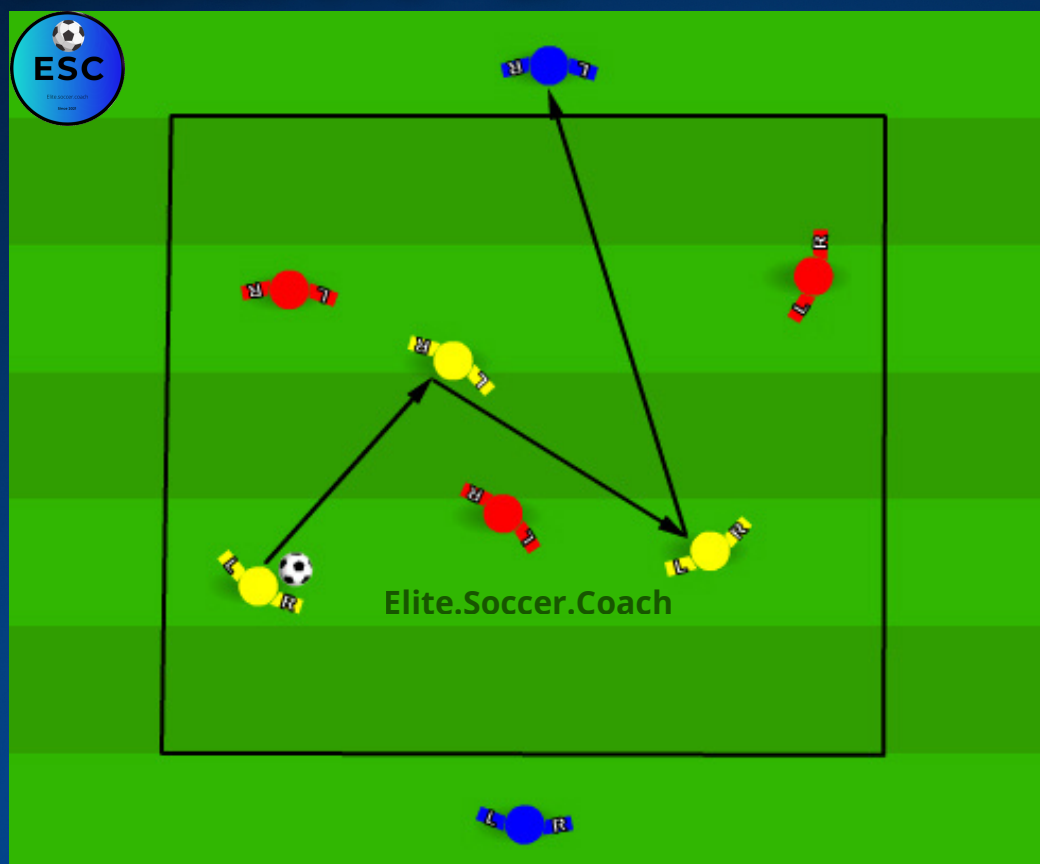
- Playability.
- Communication.
- Body angle before passing



**Animated Video:** [https://youtu.be/\\_ogXSQMUP8U](https://youtu.be/_ogXSQMUP8U)



# 5. Rondo 3v3 + 2.



**Number of players:** 8 Players

**Area Size:** 15x 15 But adapt the area to the quality of your players.

## Description:

Playing 3 against 3 inside this Rondo, the ball-holding team may use the blue players who are outside the Rondo.

Then you create a numerical advantage against the team that defends 5v2.

As in the picture, the yellow team has the ball possession and may use the blue wall players, but should they lose the ball possession, the other team will have the upper hand.

## Coaching Point:

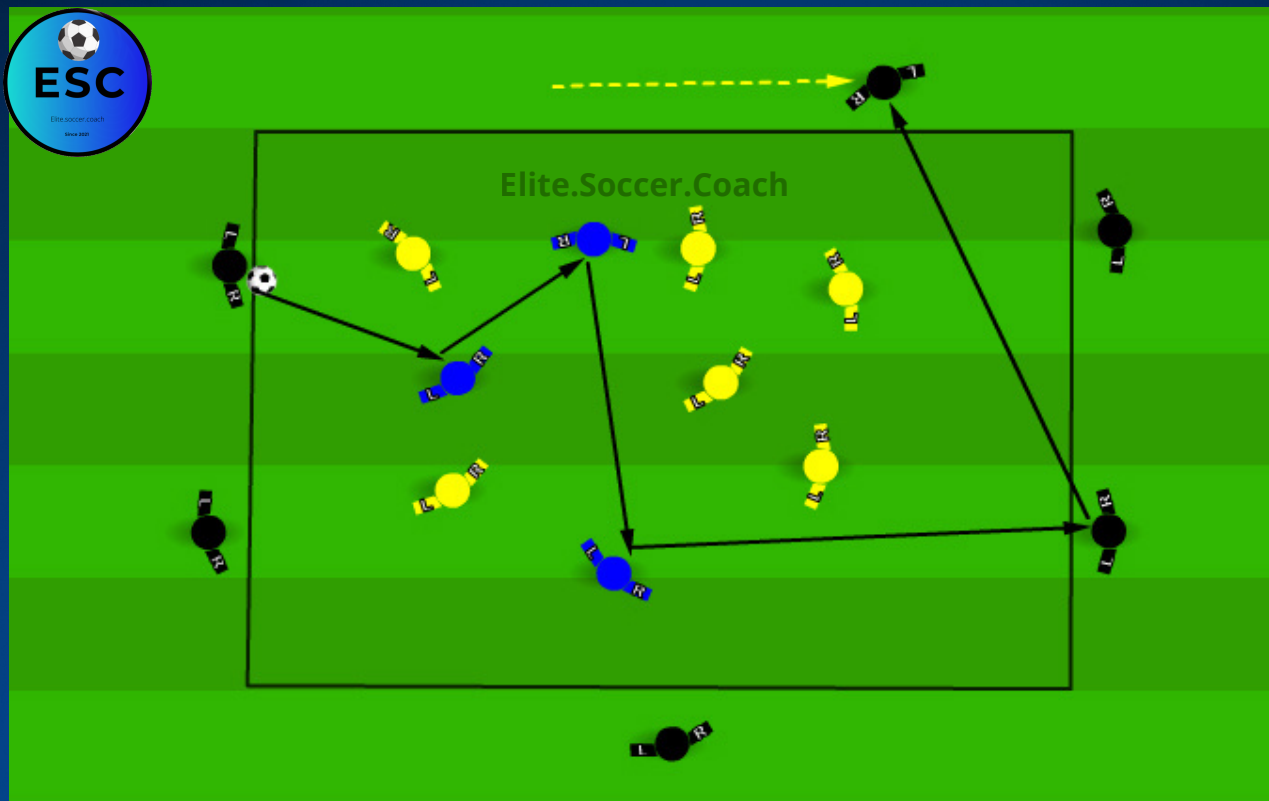
- Take advantage of the numerical advantage 5v3 in the attacking game.
- Quickly switch to defensive play when you have lost possession of the ball and press immediately.



**Animated Video:** <https://youtu.be/XFALYKVV8SI>



# 6. Rondo



**Number of players:** 15 Players

**Area Size:** 25x30 But adapt the area to the quality of your players.

## Description:

Divides the players into two teams, a team that will have ball possession (the blacks in the picture) and a team that will defend and win the ball (yellow in the picture). The team that has the ball possession may use three players who work inside the square, these players are always with the team that has the ball (the blue players). You can either choose to have it for a limited time or for the yellow and black teams to switch with each other when the defending team has broken the possession.

## Coaching Point:

- Take advantage of the numerical advantage in the attacking game.
- Playability.



**Animated Video:** <https://youtu.be/Tx0LBM9z2GA>



# 7. Rondo

**Number of players:** 18-21 Players.

## Description:

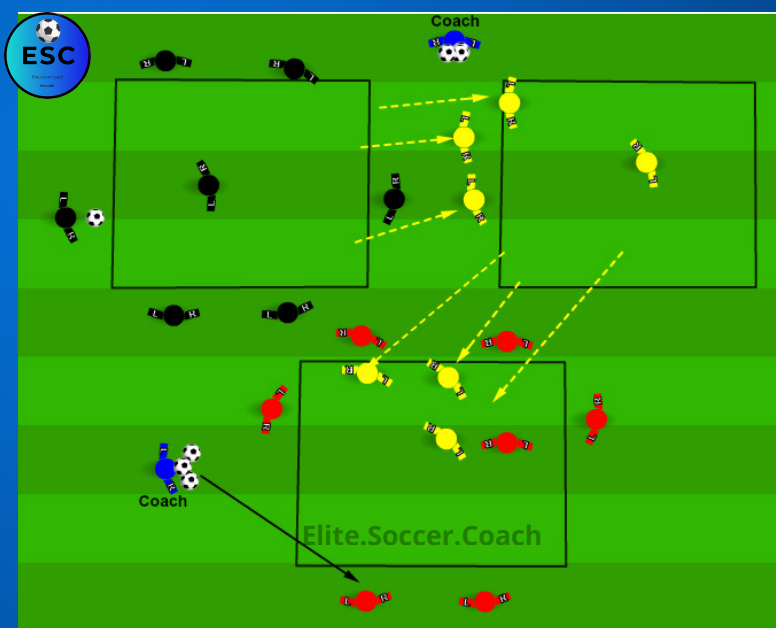
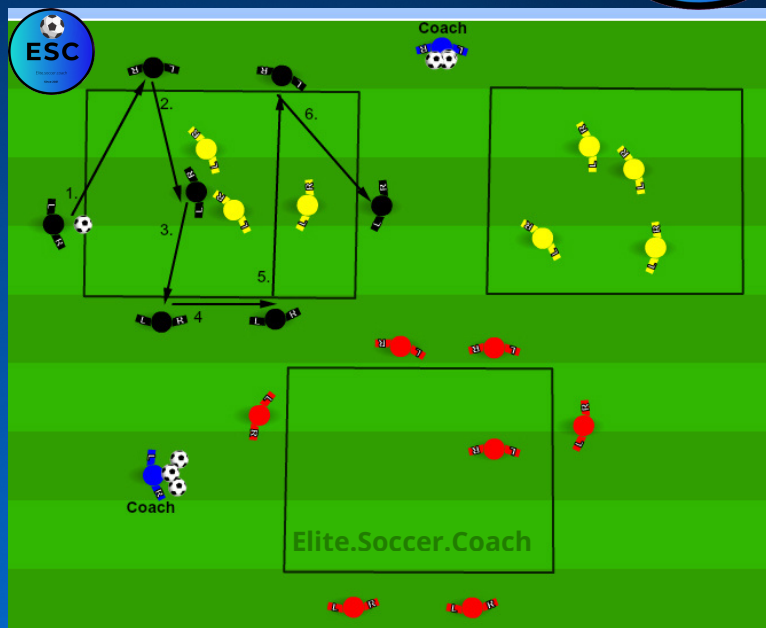
As you can see in the pictures, Tuchel has divided the players into three teams, each with a square in which to have the ball possession.

You select a team that will start defending (Yellow in the picture).

As we see, the ball is started in the blacks 'square, if they manage to hit 6 passes to each other within the team, a new ball is started in the reds' square.

The three players who defended in the black square return to their square and three new players from the yellow team defend themselves in the new (red square).

- **Continues on the other side with more explanations.**



**Animated Video:** <https://youtu.be/HezSgYNOuFE>



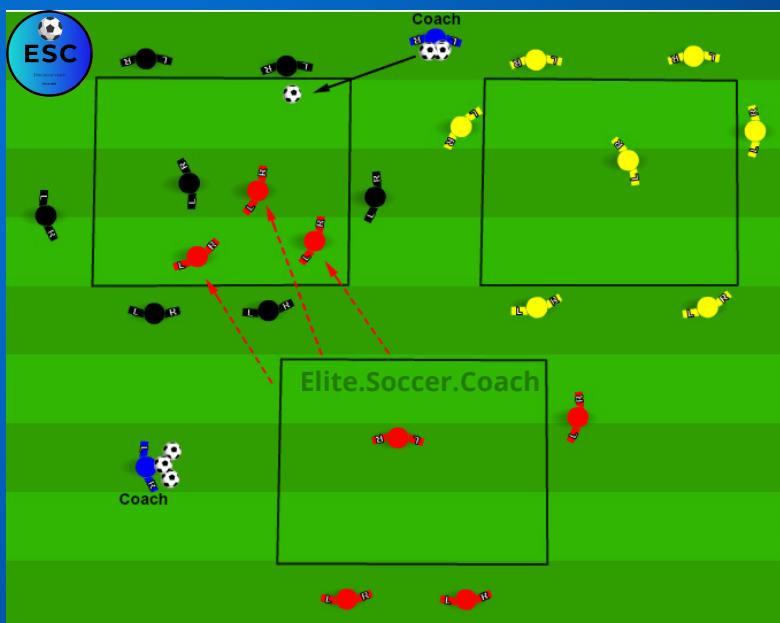
## Description:

Should the yellow team succeed in breaking the Reds' ball possession, a new ball will be started with the blacks and the Reds will have to work with a transition to defense. Three players need to change quickly.

The yellow players return to their square.

## Coaching Point:

- Transitions from attack to defense.
- Transitions from defense to attack.



**Animated Video:** <https://youtu.be/HezSgYNOuFE>



# Possession Exercise

Thomas Tuchel

*"When I lose a big game, I am angry and always in a bad mood, and I will talk about other stuff to bring attention away from my team also."*

*- Thomas Tuchel*





# 1. Possession Play



**Number of players: 22 players**

**Area Size:** See pictures

## **Description:**

As you can see in the picture, Tuchel often works with his teams to play different types of games without corners on their area, where of the different playing area. The exercise is played 7v7 + 1 inside the playing area.

It is a player who is always with the ball-holding team.

When you have the ball possession, you can also use the walls that are outside the playing area.

Often the wall players have only one touch.

This game takes place over time, then you change teams that play inside the playing area and who are the wall players.

You can add that you get a point if you successfully hit 10 passes in the team.

## **Coaching Point:**

- Take advantage of the numerical advantage in the attacking game.
- Playability.



**Animated Video:** [https://youtu.be/obeT\\_hqJvmo](https://youtu.be/obeT_hqJvmo)



## 2. Possession Play

**Number of players:** 13 Players

### Description:

A game where you use this playing area. The players are divided into two teams (red, blue) then three players who are with the ball-holding team.

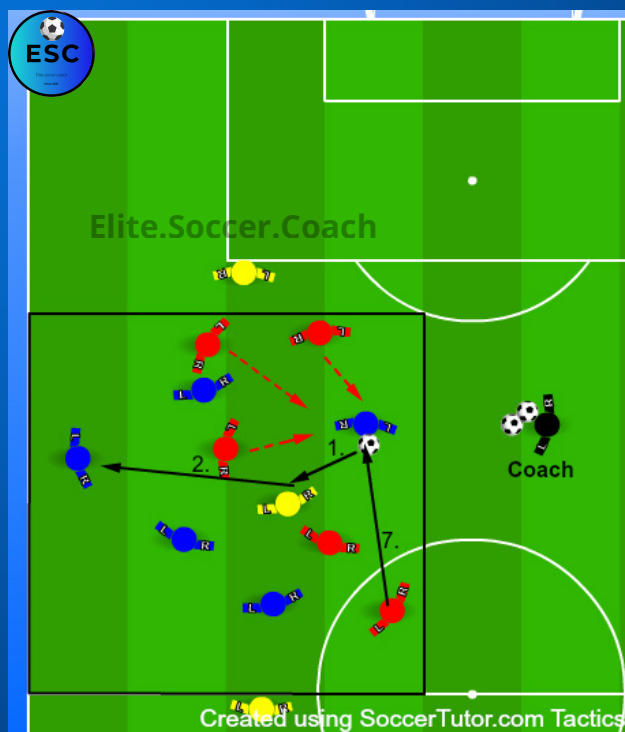
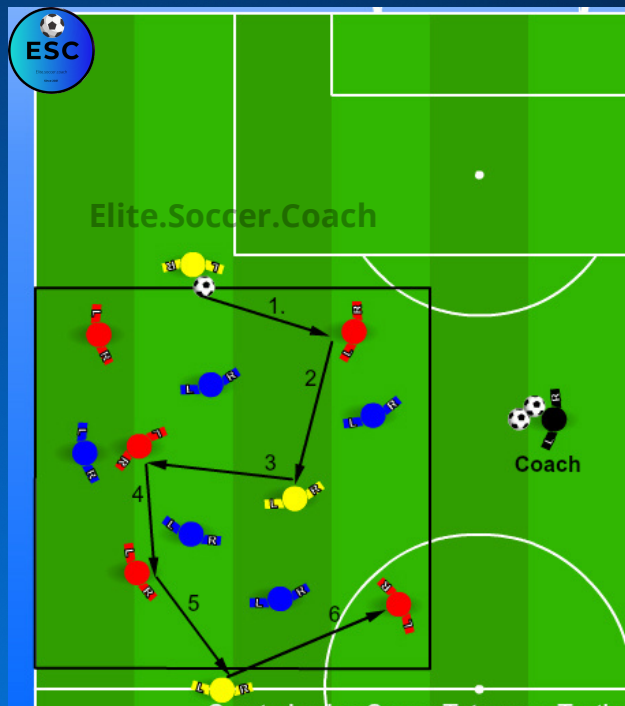
The blue and red teams play games inside the playing area, as the goal should be to keep the ball within the team as long as possible.

When you have the ball possession, you can use the yellow wall players and the yellow player inside the playing area.

In this way, you create a numerical advantage when you have the ball and it places higher demands on those who have to defend themselves.

### Coaching Point:

- Create an advantage when you have the ball possession, by using the yellow team.
- Playability.
- Quickly switch and put pressure when your team gets rid of the ball.



**Animated Video:** <https://youtu.be/wJYhKpbCPJo>



# 3. Possession Play



**Number of players:** 12 Players + 2 GK

## Description:

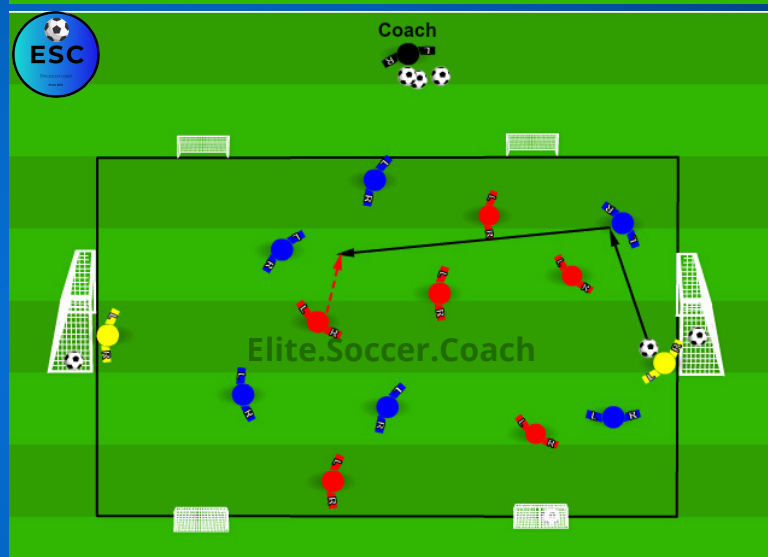
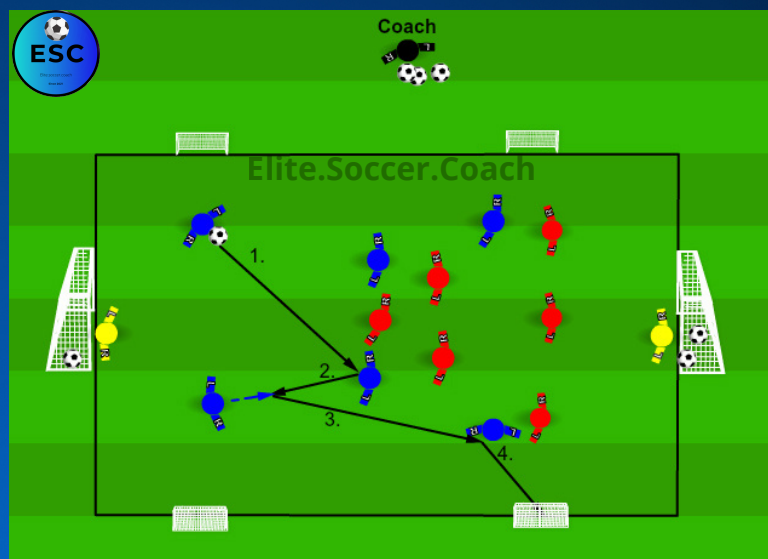
A game with 6 goals, two big ones with goalkeepers and four small ones. A team starts with the ball and the team that starts with the ball must try to score in one of the four small goals, they can use the goalkeepers as help. When they succeed in scoring, they have to start over.

But if the other team succeeds in breaking the ball or that team must attack quickly and come to an end in one of the two big goals.

If that team succeeds in scoring goals, then they start again and will try to score goals in one of the small goals.

## Coaching Point:

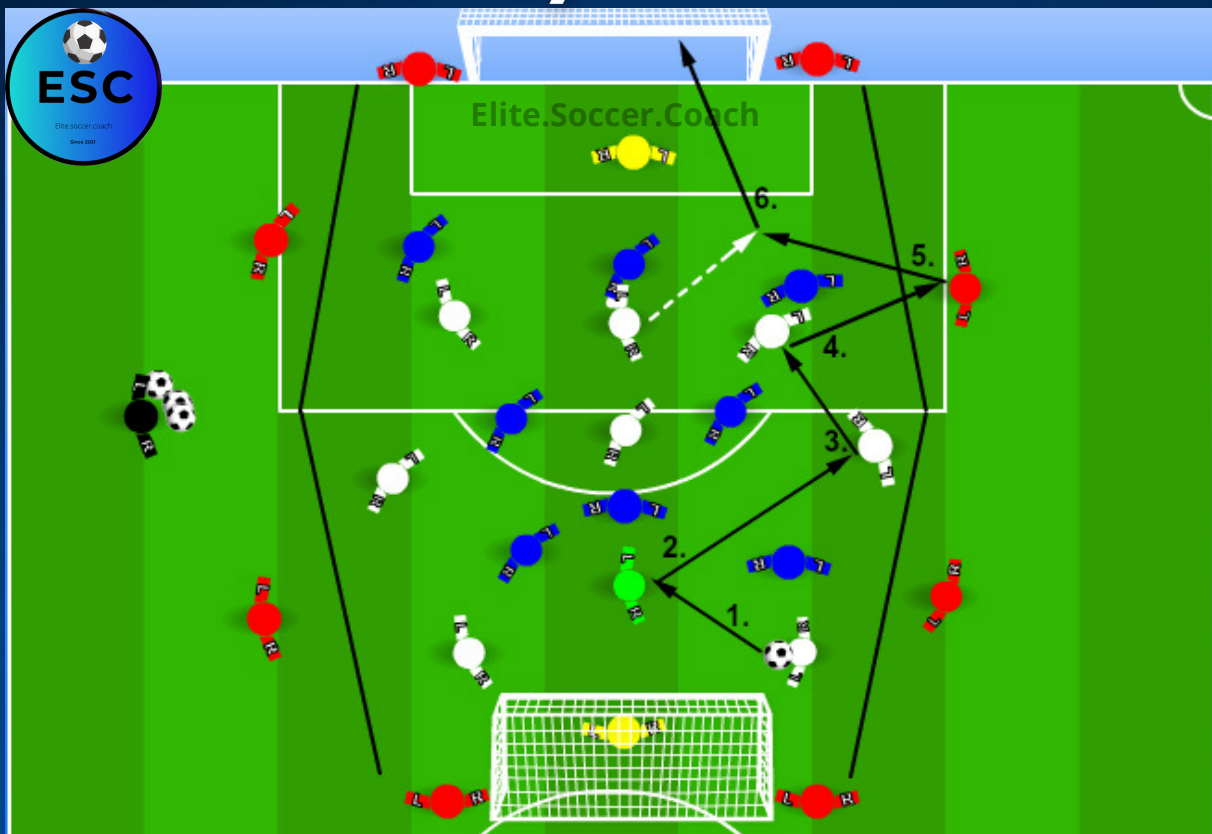
- Transitions from attack to defense.
- Transition from defense to attack.
- Accuracy of the matching game.



**Animated Video:** <https://youtu.be/mSNMmJr9qXY>



## 4. Possession Play



**Number of players: 22 players**

## Area Size: Se pictures

### Description:

A game where you divide the players into three teams. You have two teams that play against each other inside the playing surface and a team that is with the ball-holding team by aggregating wall players.

The good thing about this exercise is that you always have to make quick decisions as a ball carrier.

As well as prioritizing important areas as defenders.

### Coaching Point:

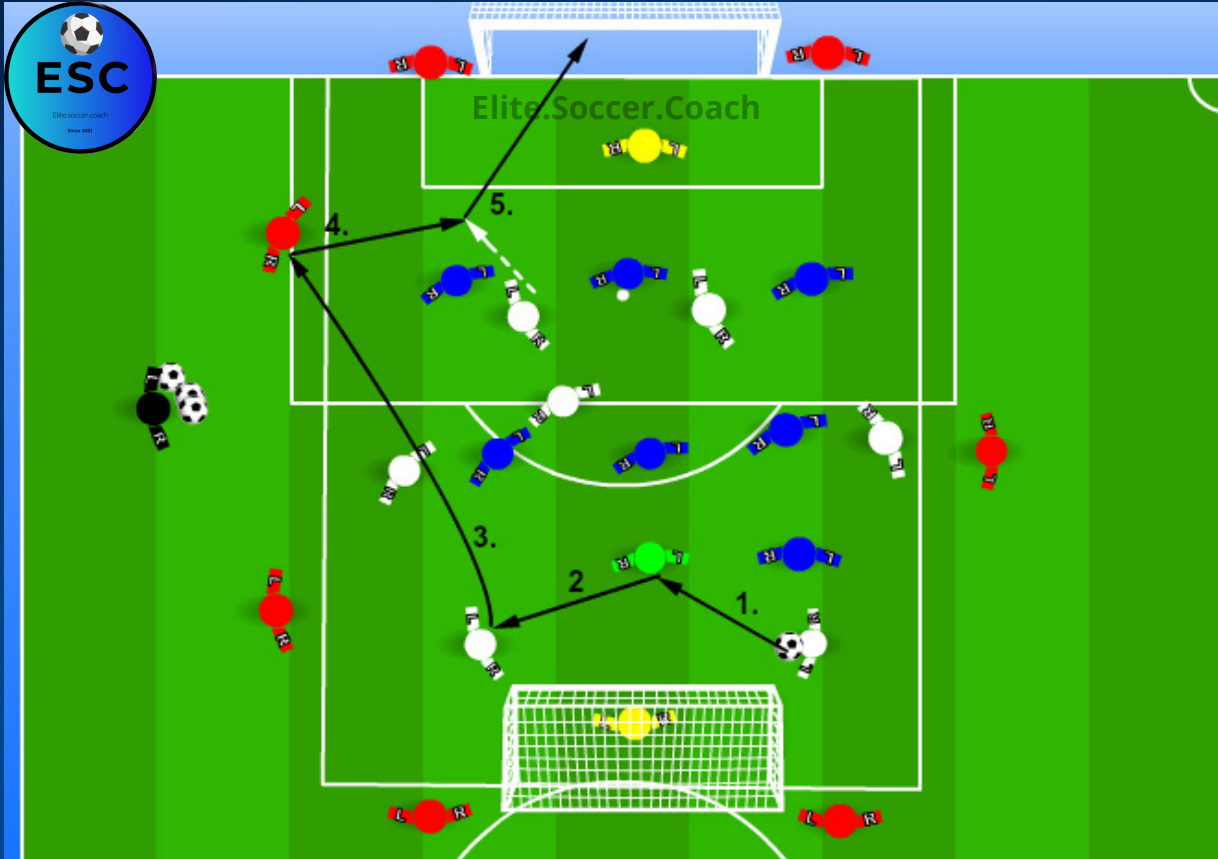
- Take advantage of the numerical advantage in the attacking game.
- Playability.
- Transition from attack to defense.



**Animated Video:** <https://youtu.be/ctsVv0lBeDU>



## 5. Possession play



**Number of players: 22 players**

## Area Size: Se pictures

### Description:

This game is the same as the game above, but the game area looks different in this game. But the rules are the same.

What is worth mentioning is that Tuchel often uses wall players, but above all players who are inside the playing area and who are only allowed to be with the ball-holding team.

This means that you create numerical advantages when you have the ball possession, just as you want in the match since

### Coaching Point:

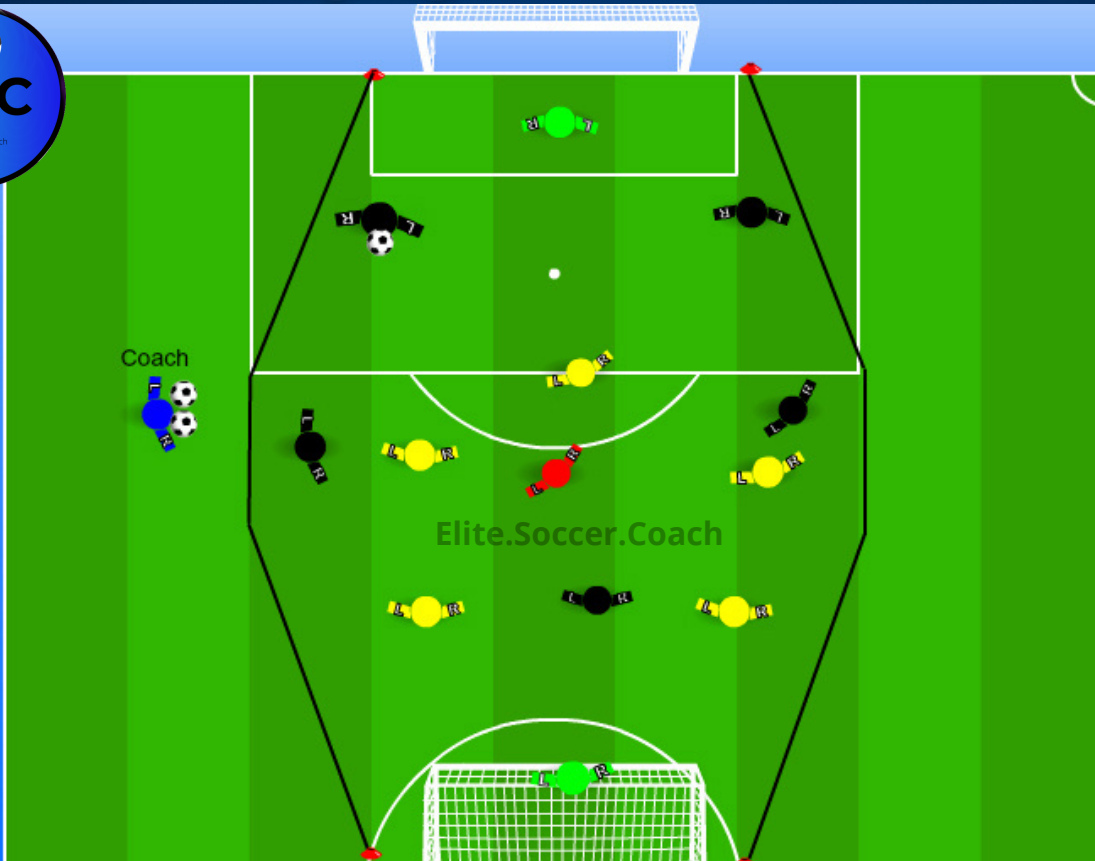
- Take advantage of the numerical advantage in the attacking game.
- Playability.
- Transition from attack to defense.



**Animated Video:** <https://youtu.be/2kDWatBCWBs>



## 6. Possession play



**Number of players:** 11 + 2 GK

**Area Size:** Se pictures

### **Description:**

A playing area that we recognize from previous exercises and that tuchel likes to use. In this game you play 5v5 + 1 players in the ball-holding team.

The team is divided into two different teams, as well as a player who is always with the ball-holding team.

That player may also score for the team that has the ball. You should try to score on the opponent, most goals win in a time-limited match.

### **Coaching Point:**

- Take advantage of the numerical advantage in the attacking game.
- Playability.
- Transition between attack to defense.
- Quickly get into the press when the ball-holding team lost ball possession.



**Animated Video:** [https://youtu.be/Gkj\\_mz\\_gxi0](https://youtu.be/Gkj_mz_gxi0)



# 7. Possession Play

**Number of players:** 12 Players

## Description:

Divides the field into the playing area that you see in the picture.

The teams are divided into two teams, both teams have three players inside the playing area and three players outside the playing area who are playable for their team.

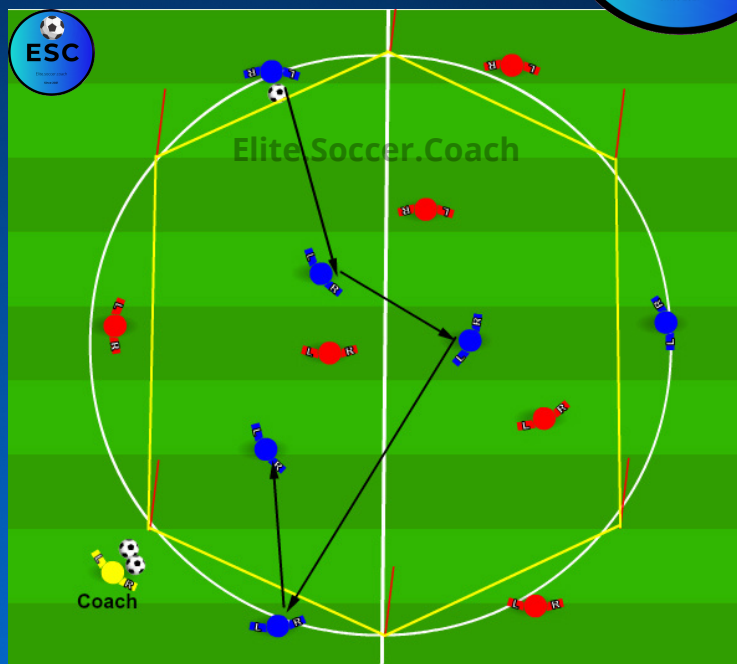
The exercise is about keeping the ball within the team and having the ball possession for as long as possible. When you have the ball possession, you have an advantage and play 6v3 if you use your wall players.

Add that you get 1 point if you succeed with ten passes within the team.

The game is limited in time, so after a while you switch with the three who are wall players outside the area with those who play inside the game surface.

## Coaching Point:

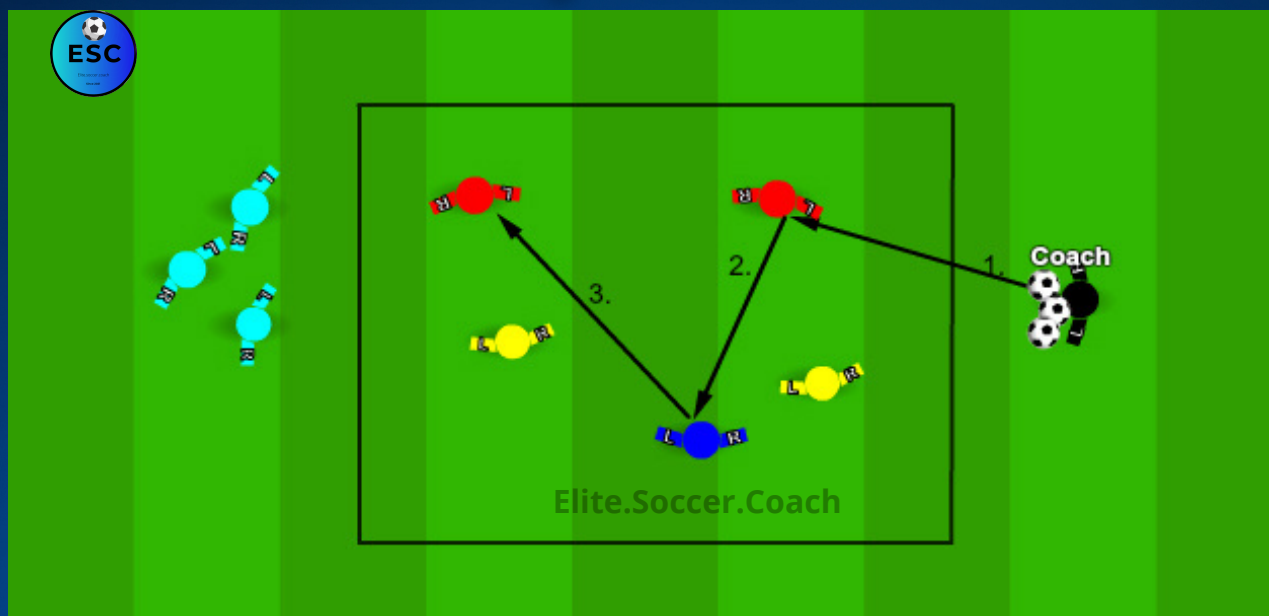
- Transitions from attack to defense.
- Quickly get into the press on the opponent and try to win the ball



**Animated Video:** <https://youtu.be/K34pTuRxkHQ>



## 8. Possession Play - 3v2.



**Number of players: 5 players**

**Area Size:** 15x15 m- But adapt to your team and their needs.

**Description:** You divide the team into two players per team, as well as one player who is always with the ball-holding team.

The exercise is during time-limited games, after about 3-4 minutes you break for rest or change of players.

The exercise is simple but very intense.

The goal is for you to keep the ball within the team for as long as possible with the help of the player who is always part of the ball-holding team.

Through that player, you create an advantage (3v2) in ball possession.

### Coaching Point:

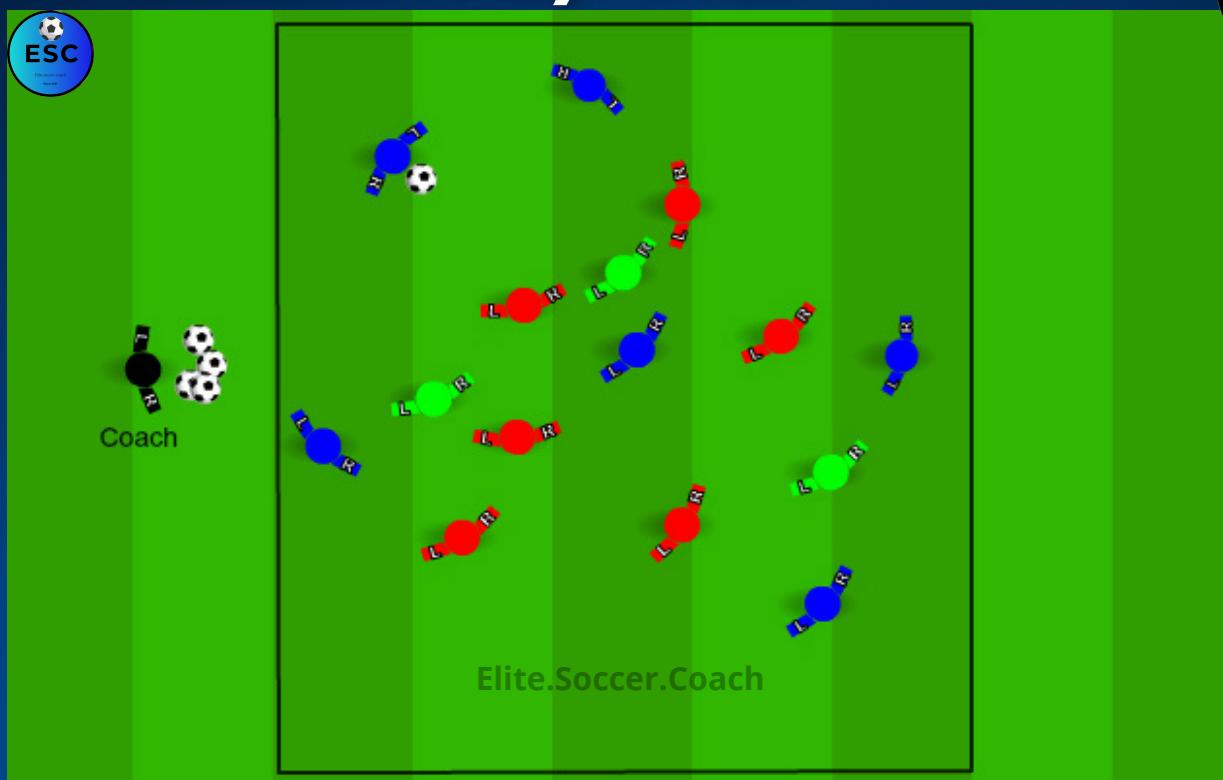
- Take advantage of the numerical advantage in the attacking game.
- Playability.
- Transition between attack to defense.
- Quickly get into the press when the ball-holding team lost ball possession.



**Animated Video:** <https://youtu.be/6Mv2pFlXBe0>



# 9. Possession Play - 9v6.



**Number of players: 15 players**

**Area Size:** 25x30 m- But adapt to your team and their needs.

**Description:** You divide the team into two teams 6 players in each team, then three players who are always with the team that has the ball.

In this possession game, you should keep the ball possession as long as possible and with the help of the three players who are part of the ball-holding team, you create a 9v6 game in the offensive.

It places demands on the offensive team, but also on the defensive that you have to prioritize the right areas but also in the transition game from attack to defense.

## Coaching Point:

- Take advantage of the numerical advantage in the attacking game.
- Passing quality, to keep the ball possession.
- Transition between attack to defense.
- Quickly get into the press when the ball-holding team lost ball possession.



**Animated Video:** <https://youtu.be/W8TOgLQHwxA>



# 10. Possession Play - 8v4.

**Number of players:** 16 Players.

**Area Size:** 25 x30 m - But adapt to your team and their needs.

## Description:

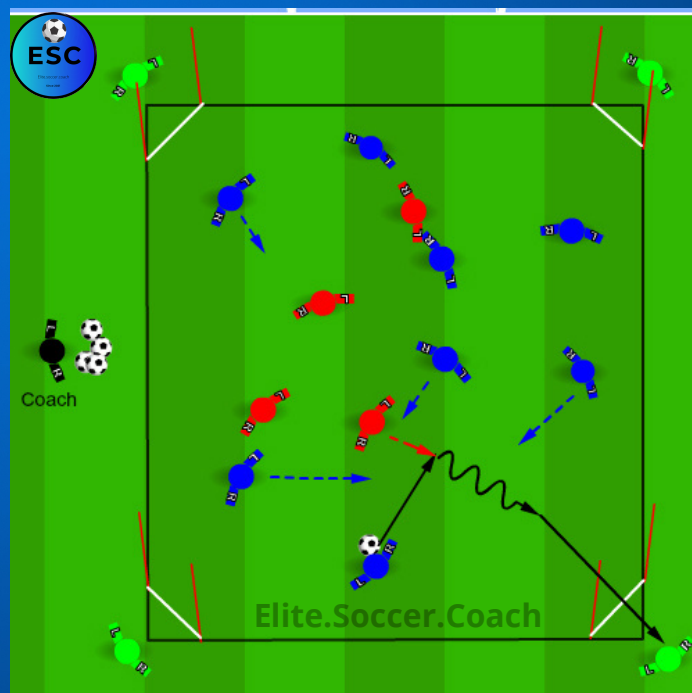
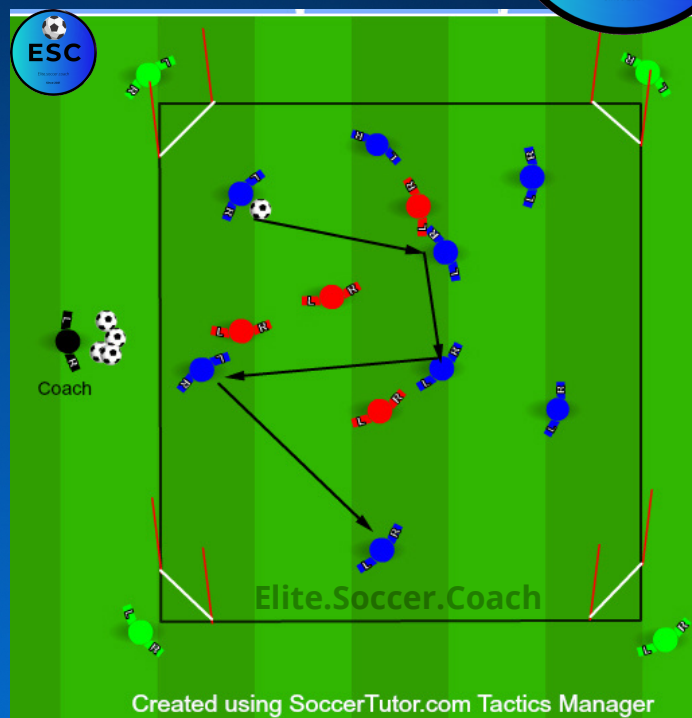
As you can see, we have divided the players into two teams, a team of 8 players and a team of 4 players inside the playing area. Then we have four goals, one in each corner, which a player is behind. The exercise is that the team that is 8 players (blue) should keep the ball within the team as long as possible while the team that is four (red) should try to break the ball. When the red team breaks the ball, you should try to score in one of those goals in the corners as quickly as possible.

Goals are scored by playing between the posts and that the player behind can receive it under control and play the ball back to the player who passed the ball or to someone in the red team.

It places demands on the blue team in the transfer game.

## Coaching Point:

- Transitions from attack to defense for the blue team.
- Quickly get into the press on the opponent and try to win the ball to prevent the red team from scoring goals.



**Animated Video:** <https://youtu.be/ZlIdbQj8vBAg>



# Finish Exercise

Thomas Tuchel

*"Sometimes, it is good to  
lose - you learn."*

*-Thomas Tuchel*





# 1.Finish Exercise

**Number of players:** 7-10 Players

## Description:

We see in the picture to the right what the structure of the exercise looks like. The coach starts with the ball and plays the ball to B who meets.

B plays the ball to the right A.

A then plays the ball in depth to B who runs in depth.

B Exits.

Immediately after B has finished, the Coach plays the ball to C who meets.

C plays the ball to the right A.

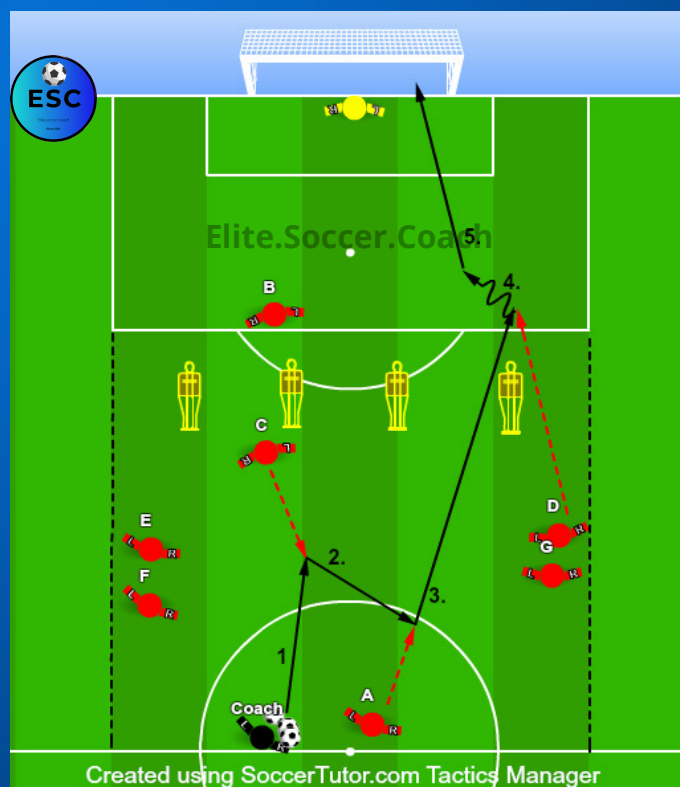
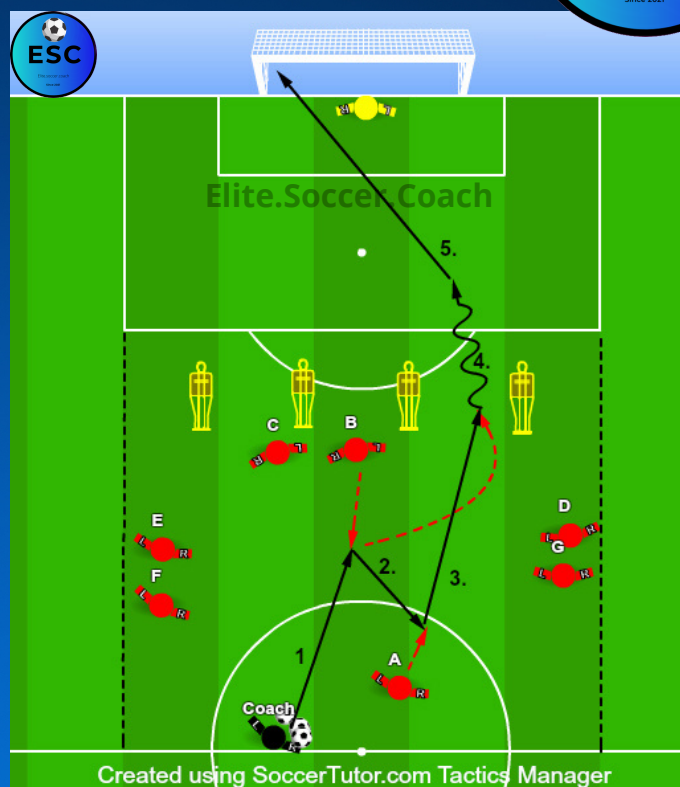
A then plays the ball in deep to D who makes himself playable on the edge and in deep.

D drives in the ball and finishes.

Then you start again but in the other direction now instead.

## Coaching Point:

- Timing between Running and Passing.
- Body position before ball reception.



**Animated Video:** <https://youtu.be/YhOYdVA2rGY>



## 2. Finish Exercise



**Number of players:** 7-10 Players

### Description:

Here you work with four offensive players who through quick passing combinations will get to the end.

The coach plays the ball to A.

A plays the ball in depth to B behind the obstacle.

B plays back the ball to A who then plays back the ball but deeper down towards the box to B.

A takes a new position inside the penalty area and B playing the ball to A who finishes in one touch.

### Coaching Point:

- Timing between Running and Passing.
- Movement and body position we reception and the pass.



**Animated Video:** <https://youtu.be/WimXuA8vabc>



# 3. Finish Exercise

## Number of players:

8-16 Players + 2 GK .

## Description:

Thomas Tuchel used this finishing exercise in Mainz, then he structured the exercise as in the pictures.

The set-up and implementation are the same on both sides, which you have to finish on.

We look at the upper picture first.

A plays the ball to B who meets the ball.

B plays to C who folds in front of the obstacle.

C takes the ball forward and finishes.

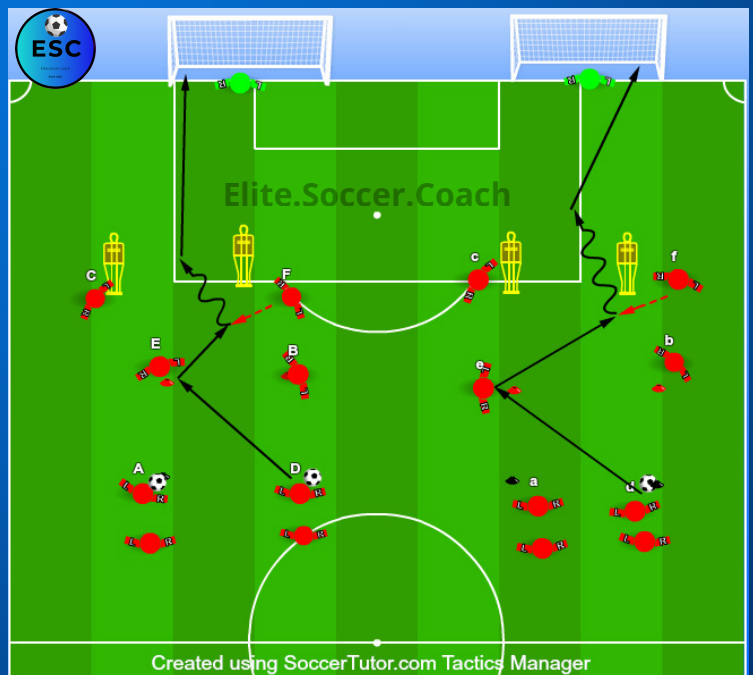
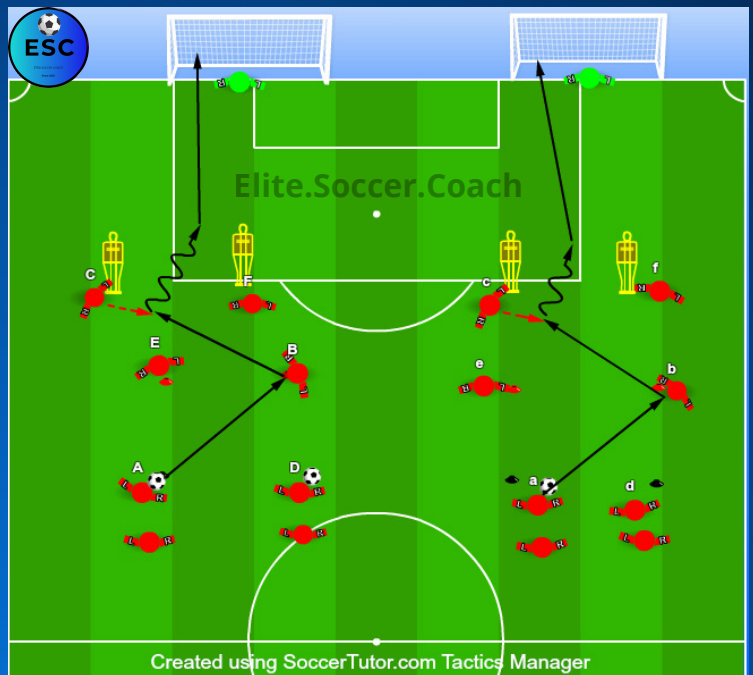
In the second picture you drive in the same way but in the other direction.

D plays to E.

E plays the ball on to F who folds in front of the obstacle then takes the ball forward and finishes.

## Coaching Point:

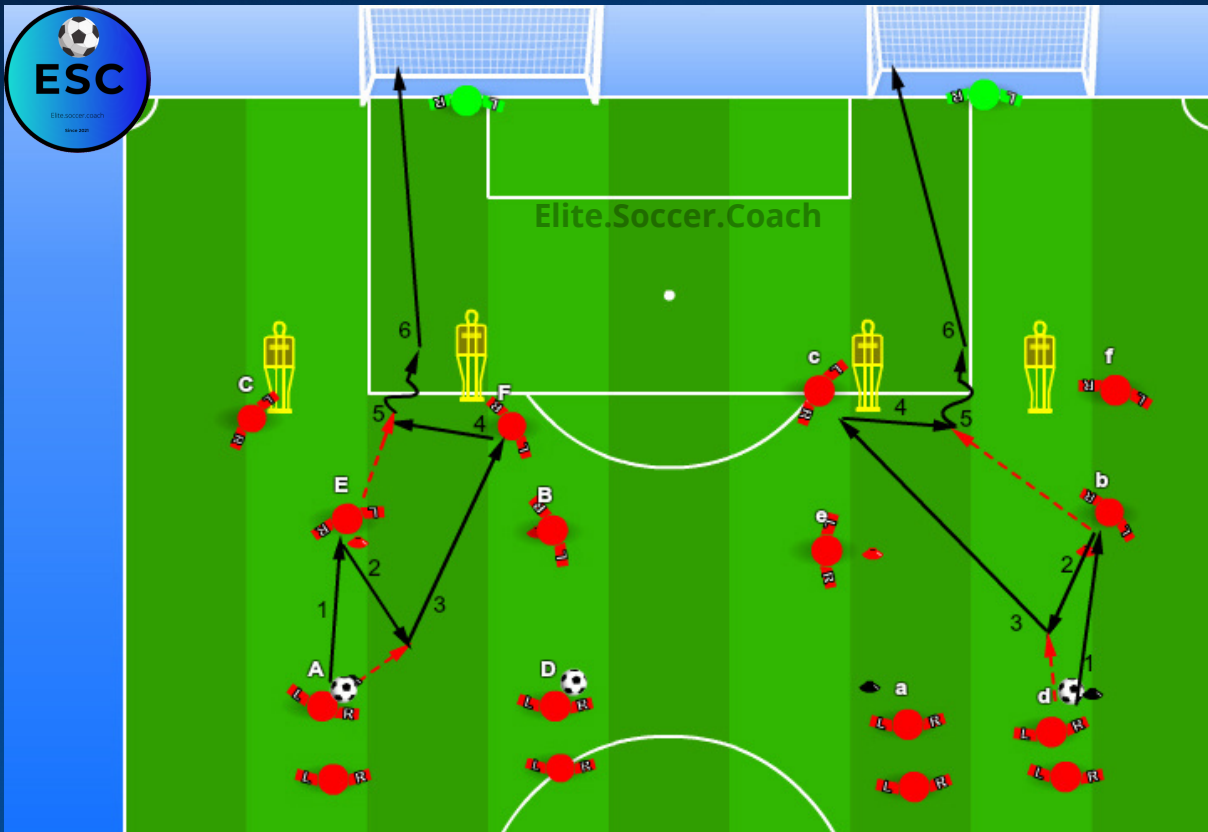
- Timing between Running and Passing.
- Body Position before pass.



**Animated Video:** <https://youtu.be/yxxBlV35LVc>



# 4. Finish Exercise



**Number of players:** 8- 16 Players

**Description:** The same structure as in that exercise before, this one Tuchel also used with Mainz.

A starts with the Ball, Plays the ball to E.

A makes itself playable at an angle, E fits A.

A plays the ball to F who makes himself playable.

F plays the ball to E who comes at speed between the obstacles.

E take the ball forward and Finish.

## Coaching Point:

- Timing between Running and Passing.
- Body position before reception or pass.



**Animated Video:** <https://youtu.be/sf1dPWlUbwv>



# 5. Finish Exercise

## Number of players:

14 - 18 Players + 2 GK .

## Description:

An exercise I saw Tuchel do during his time in Mainz.

If we look at the first picture, we see the structure of the exercise.

Players A and B start running centrally in the field, forward.

C Runs on the edge and overlaps the coach who is standing with the balls.

C gets a pass from the coach on that side.

C playing an early pass, on the ground or in the air into the box.

Inside, A and B will be and taken up their area in the penalty area that they will attack into.

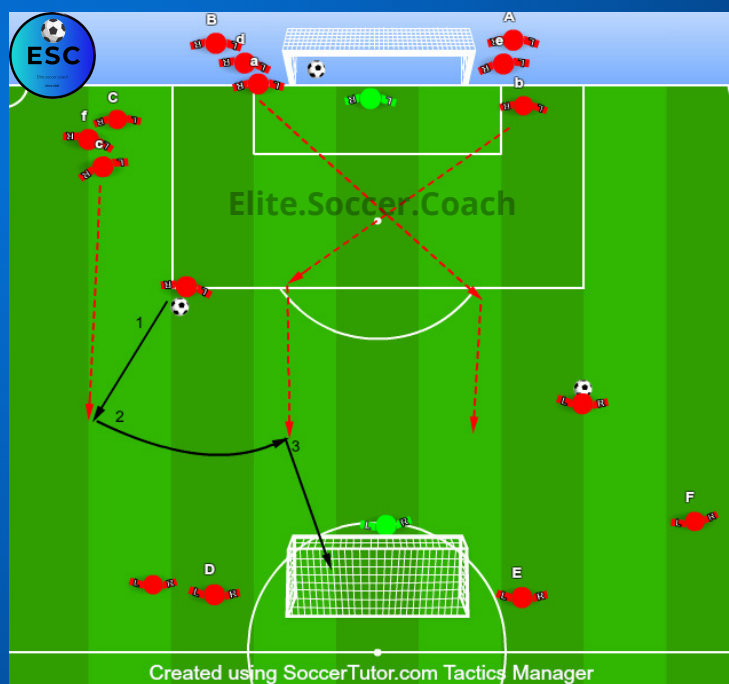
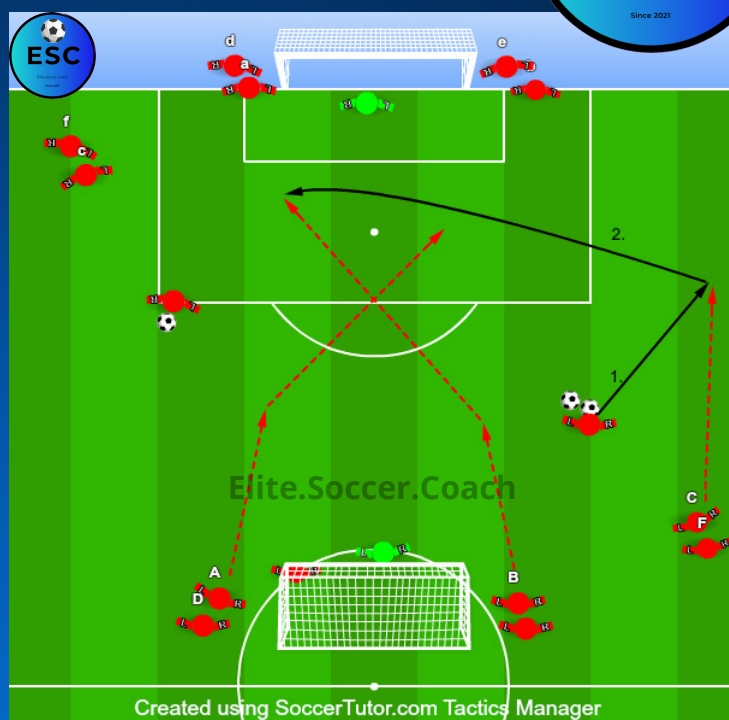
When they get the ball, it is the finish of one touch.

Then you turn the game over, see picture two.

Three new attacks on the second goal in the same way.

## Coaching Point:

- High intensity in the exercise and in the runs.
- It is important that you attack the area inside the box correctly and time the pass.



**Animated Video:** <https://youtu.be/HlvrOukgmzk>



# 6. Finish Exercise



## Number of players:

2- 10 Players + 1-2 GK

## Description:

An exercise that is primarily for the offensive players, that they should be allowed to work with finishes.

The exercise is very simple but it is good for the players to get the feeling in the end.

As we see in the first picture, the first player plays the ball to the coach, the coach plays the ball back and the player takes the ball forward and finishes.

Then do the same from the left to the right.

The player can choose whether to shoot from the right or left.

## Coaching Point:

- Quality in the passes.
- Quality in the first touch.
- Try to place the ball and find the corners of the goalkeeper.



**Animated Video:** <https://youtu.be/hAkg9STWXRI>



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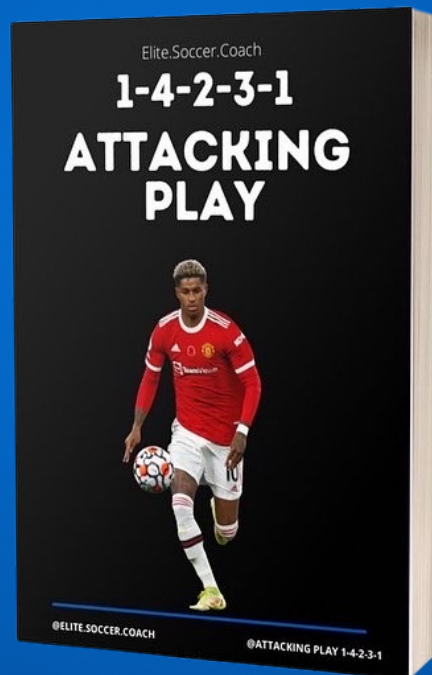
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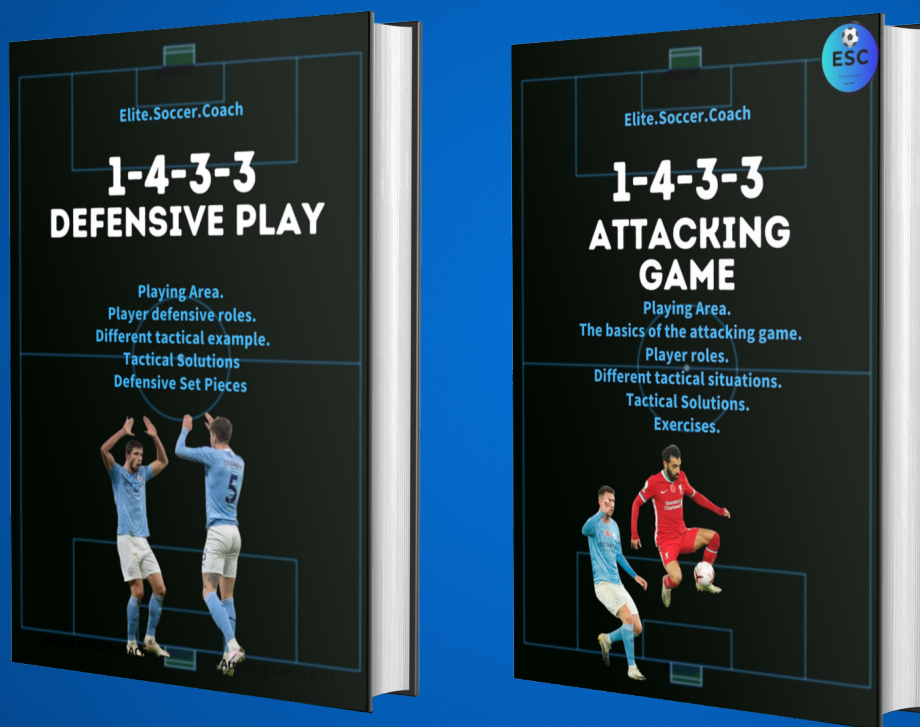
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