

MODERN SHOOTING AND FINISHING



BY STEFANO SANTONA



WORLD CLASS COACHING

Tactical Series

Modern Shooting and Finishing

by

Stefano Santona

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About the Author

Santona Stefano is an Italian coach that has a Master's Degree in Sport and Exercise Sciences. He has earned a number of difference certifications including a UEFA C License. Stefano has coached with Coerver Coaching Calcio Italia, Melettolese F.C., ASD Juventus Club Parma and Crociati Noceto SRL among others. He has an extensive background in physical education and specifically in coaching soccer.

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FINISHING IN FOOTBALL

In this book we are going to explore some debates regarding issues related to finishing.

It is common knowledge that the shot or kick is one of the most important elements of football, and thus it is one of the primary abilities required to successfully play the game. It is one of the skills that is imperative to develop from a young age, and, though the terms may differ across the ages, the principle remains the same.

This book will include an overall explanation of the concept of finishing with practical implications, and several sample exercises that coaches can implement in their training sessions.

Technical ability is a major component that differentiates a top finisher from an average one. But finishing is not only a technical ability; it is a skill that combines several different factors, situations and emotions. It can be affected by the player in possession, the defender, the game conditions, even weather and pitch state. Thus, finishing is an ability which consists of a complex blend of technical, tactical, and mental strength factors.

In any given situation where the player in possession is in a position to finish, the following technical skills come into play:

- Ball Control
- Ball Mastery
- Passing
- Shooting
- Heading
- Dribbling (Before, during, and after a 1v1 situation)

As we know, shooting is crucial in scoring goals. However, it only gains value in successful combination with other factors such as speed of execution, creativity, and the ability to effectively “read” the game situation. This blend of qualities ultimately gives the player the striking ability--finishing.

A football match can be influenced by several different unpredictable factors, and that is why the term “finishing” stretches far beyond just shooting. No two finishing situations are ever the same, as they can be affected by the number of players involved, the speed at which the situation is developing, the score of the game, emotional pressure, condition of the pitch, weather conditions, player confidence, among other factors. These factors are often overlooked. It is a common misconception that if a player has a great shot, he or she is a good finisher--that is not the case. In a goal scoring opportunity, it is a player’s effective combination of the three skills mentioned below that will allow him to score the goal.

We must also consider that the finishing move is related to power and finesse applied on the ball, which is proportional to the number of players around the player with the ball. This can affect the angle of shot available to the finishing player and the time he or she has to execute the shot. For example, if there are several defenders moving to close down the attacker, that reduces the time he has available to shoot, which can lead the striker to execute a power-based shot. On the other hand, if there are several players obstructing the path to the goal, but those players are in the wall to block a free kick, the attacker may opt for a finesse-based shot as he has time available but a very limited angle for the shot. It ultimately comes down to the individual player’s capability to make effective decisions in a game situation. Finishing is not just a technical skill, it is an ability that requires development using two methods: Static & Dynamic execution.

Static execution represents the motion analysis, the focus on impeccable technique. This method studies various ranges of motion, and its main goal is to achieve perfect technique. In order for this to happen, training is focused on specific, predictable movements, which are carried out without defensive pressure, in order to maintain the focus on the technique and not distract the player away from the process. On the other hand, dynamic execution is represented through game situations, and it is focused on decision making through a demanding game-like scenario, which includes pressure, intensity, space/time awareness, and aims to improve the player's in-game effectiveness, with a smaller focus on technique and "how" the result is achieved. Mastery of static execution is often required or at least is a great advantage, in order to progress into effective dynamic execution.

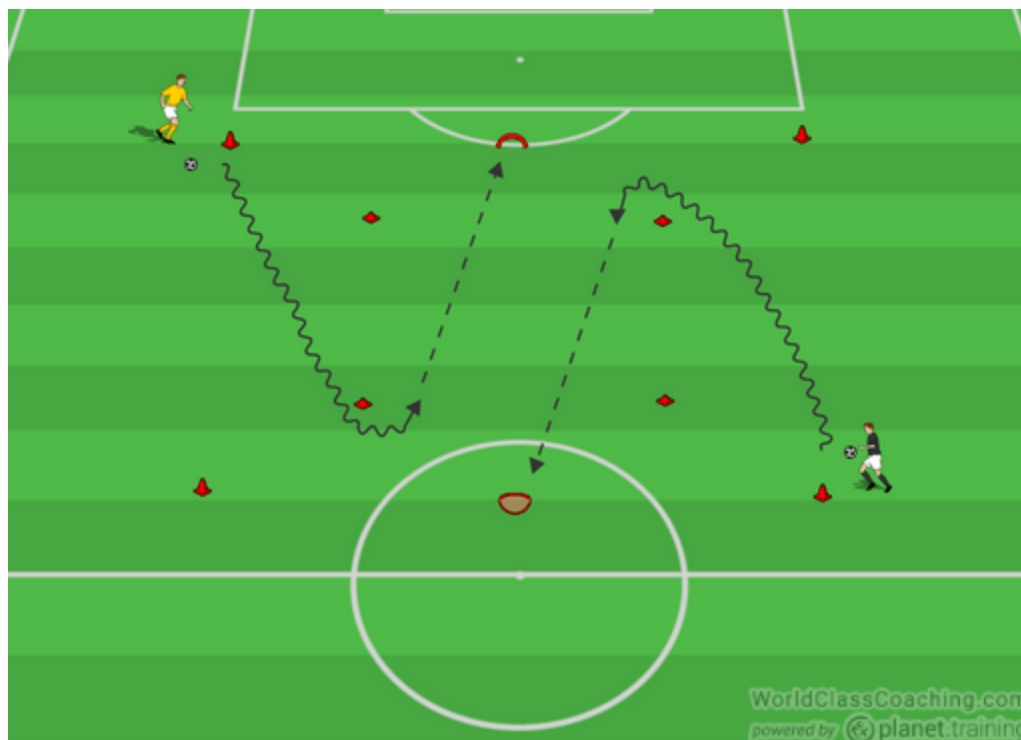
How to set up a session? When we are working on finishing we must consider some aspects that will help us to lead the sessions: exercises and games useful for technical skills improvement, technical gesture repetition, and ball to player ratio.

PROGRESSION OF FINISHING EXERCISES FOR IMPROVEMENT IN FINISHING AND SHOOTING

CHAPTER 1

Warm up exercises for improvement in finishing

1 VS 0 TURNING AND FINISHING with little goals



Area Size:

Different geometric shapes depending on the focus. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

- To dribble the ball quickly;
- To turn quickly with the ball around the cone;
- To shoot in the little goals very quickly;
- Just a little bit of work involving the non-dominant foot turning around the cone.

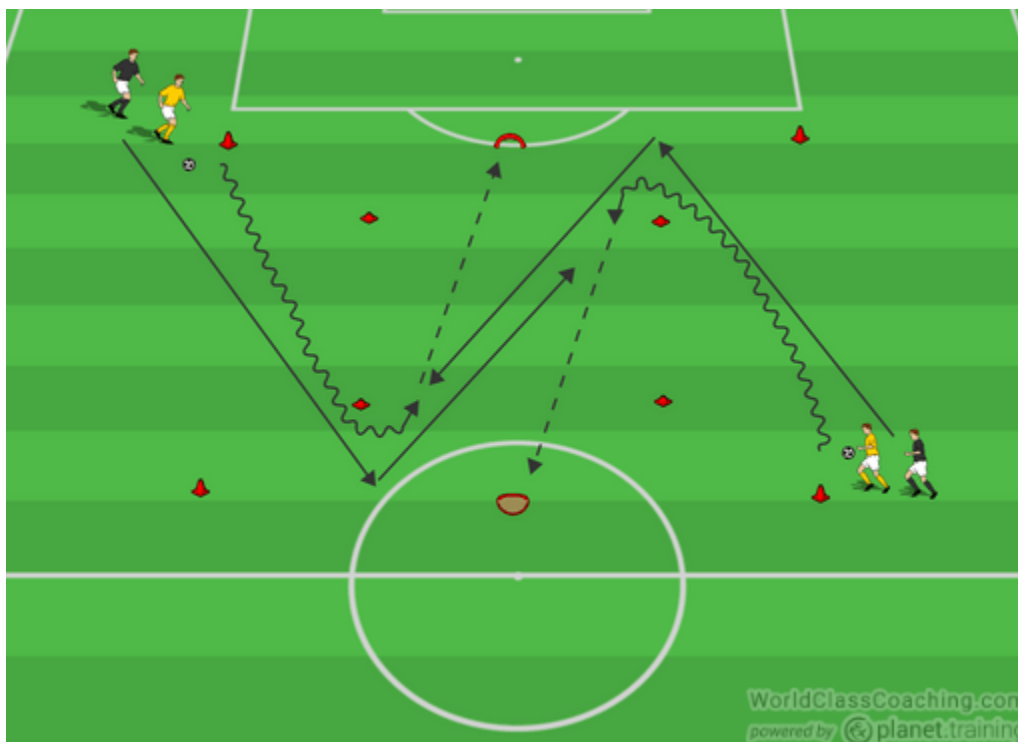
Execution:

This exercise is about the ability to dribble, turn, and shoot.

It is possible to play this game with two different teams. The team that scores the higher number of goals within a previously chosen time wins the challenge.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with little goals



Area Size:

Different geometric shapes depending on the focus. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To turn quickly with the ball around the cone;
- To shoot in the little goals before the defender's arrival;

For the defender:

- To run quickly;
- To turn quickly around the cone;
- To stop the striker;

Execution:

This exercise is about the ability to dribble, turn and shoot.

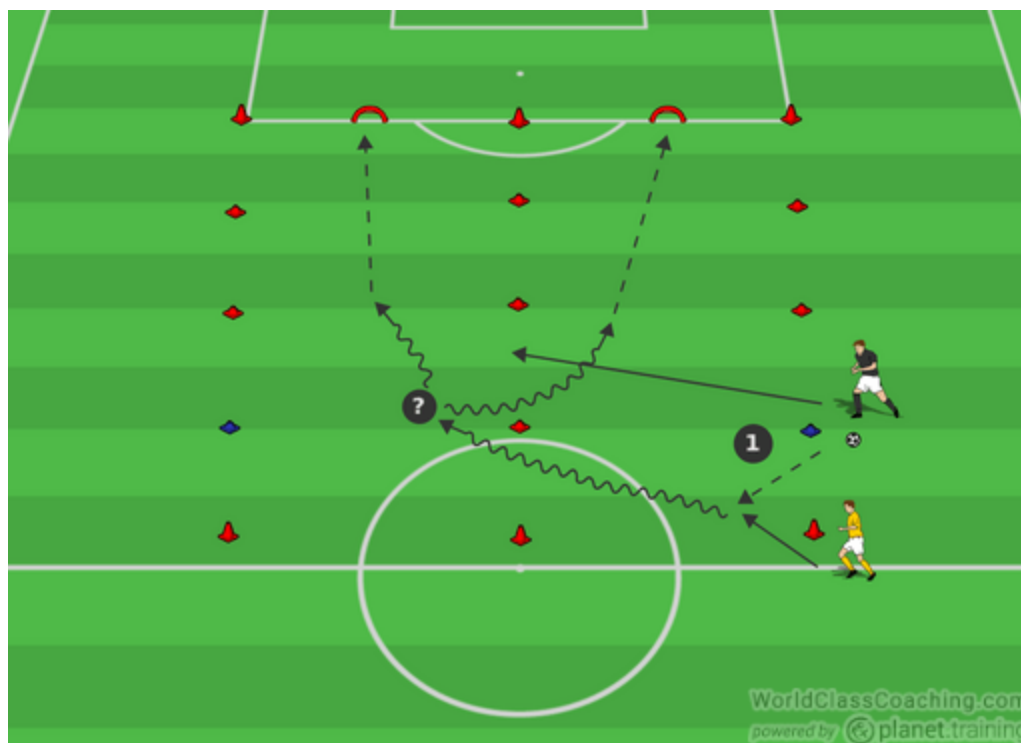
It is possible to play this game with two different teams. The striker's team has to score goals, while the defender's team has to stop who is shooting. After that it is possible to swap the teams' roles and see which team scored the higher number of goals.

If you want to work on the ability of the defenders, you can count the times that the defender stopped the striker.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with little goals

1st OPTION



Area Size:

Rectangle shapes. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To overpass the middle-line;

- To bypass the opposite player;
- To shoot in the little goals before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

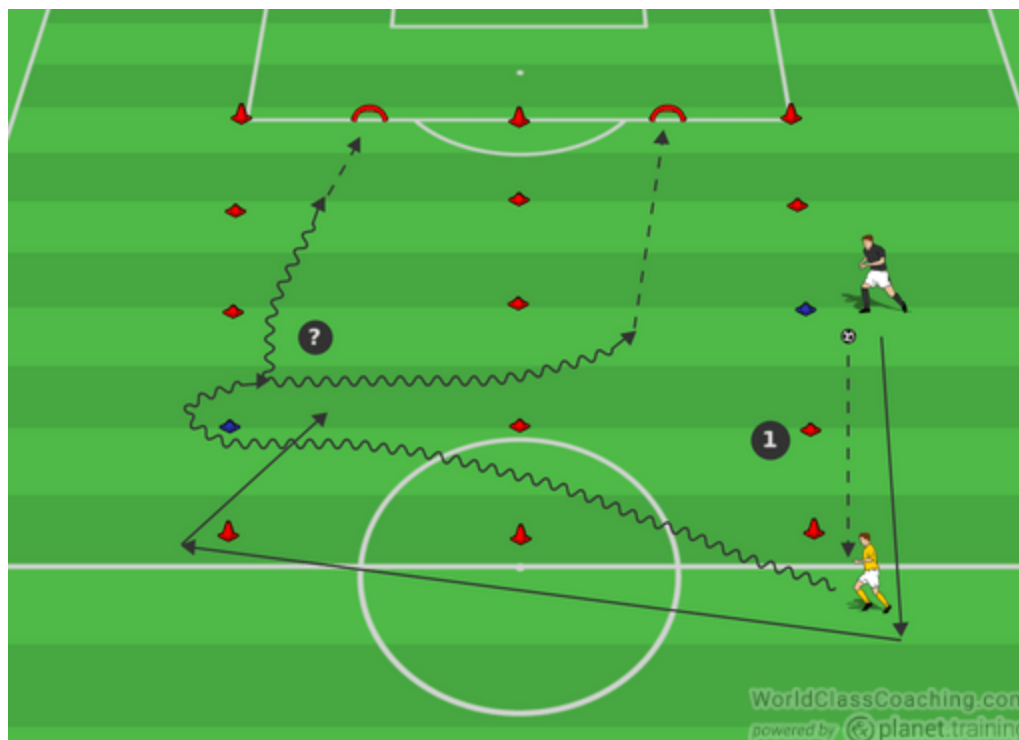
This exercise is about the ability to dribble, bypass, and shoot.

At point n°.1 in the picture, the defender has to pass the ball to the striker. The striker has to cross the middle-line and shoot (it is possible to shoot in the favorite goal) while the defender has to try to stop him.

It is important to play a very fast game (so 10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with little goals

2nd OPTION



Area Size:

Rectangle shapes. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To cross the middle-line;
- To turn around the cone;

- To bypass the opposite player;
 - To shoot in the little goals before the defender's arrival;
- For the defender:
- To run quickly around the field;
 - To stop the striker;

Execution:

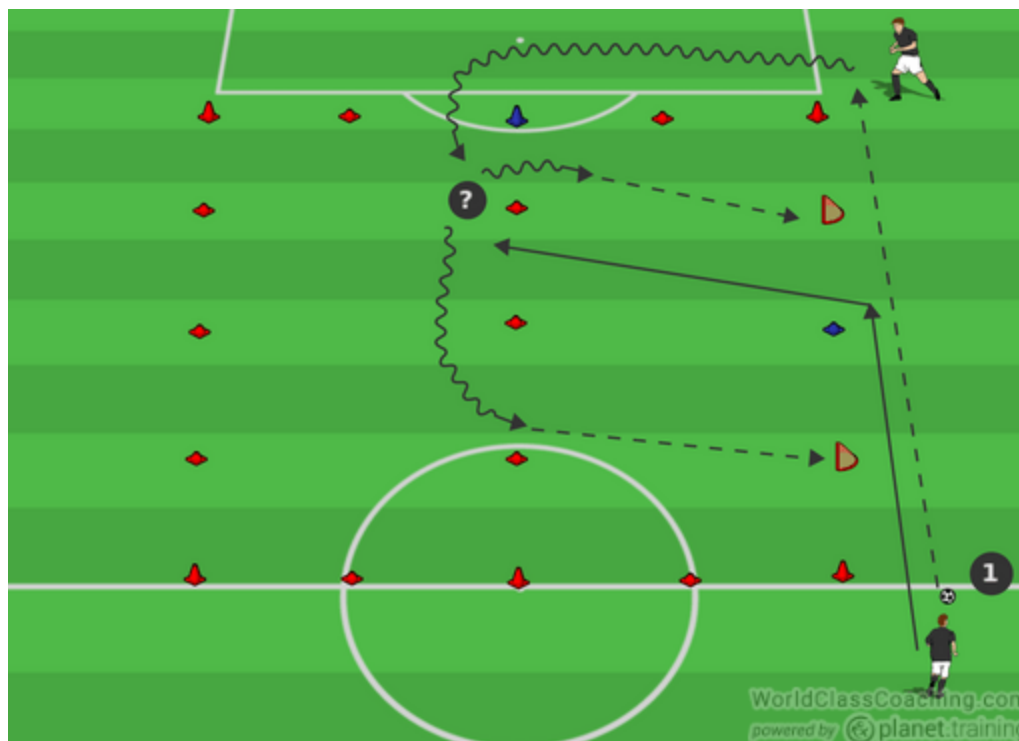
This exercise is about the ability to dribble, turn, bypass, and shoot; for the defender we have a little bit of work with changes of direction.

At the point n°.1 in the picture the defender has to pass the ball to the striker. The striker has to cross the middle-line, to turn around the blue cone, and shoot (it is possible to shoot in the favorite goal), while the defender has to try to stop him after the race around the field.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with little goals

3rd OPTION



Area Size:

Rectangle shapes. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To turn around the cone;

- To bypass the opposite player;
- To shoot in the little goals before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

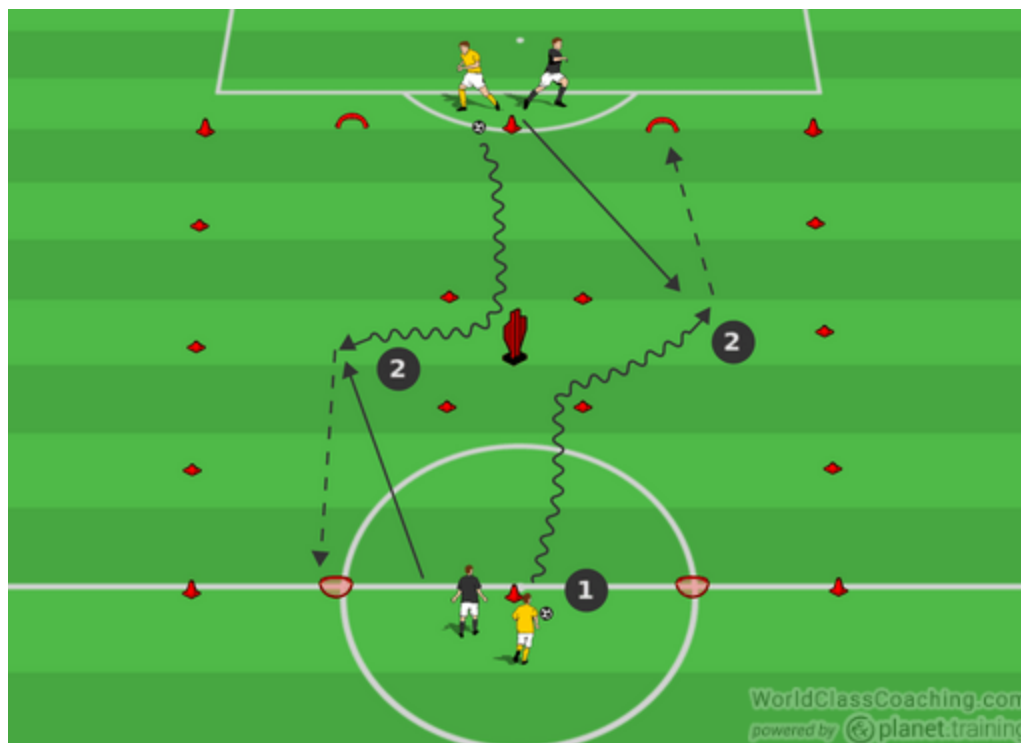
This exercise is about the ability to dribble, turn, bypass, and shoot.

At the point n°.1 in the picture, the defender has to pass the ball to the striker. The striker has to turn around the blue cone and shoot (it is possible to shoot in the favorite goal), while the defender has to try to stop him after the change of direction at the blue cone.

It is important to play a very fast game 10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with little goals

4th OPTION



Area Size:

Rectangle shapes. Vary the width or length depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To pass the red mannequin;

- To move the ball quickly in the middle square;
- To shoot in the little goals before the defender arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

This exercise is about the ability to dribble, turn, bypass and shoot.

At the point n°. 1 in the picture, the strikers have to dribble the balls toward the middle square. When the strikers have already bypassed the outline and moved the ball outside the middle square (point n°.2 in the picture), the defenders have to stop them.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 TURNING AND FINISHING with two little goals

5th OPTION



Area Size:

Different shapes (squares or rectangles). Vary the width or length size depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To bypass the defender;
- To shoot in the little goals before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

This exercise is about the ability to dribble, bypass, and shoot.

At the point n°.1 in the picture, one striker and one defender have to start the game; the focus for the striker is to score in a little goal (it is possible to shoot in the favorite goal). When that action is ended (point n.º2 in the picture), the second pair of players is starting a new action.

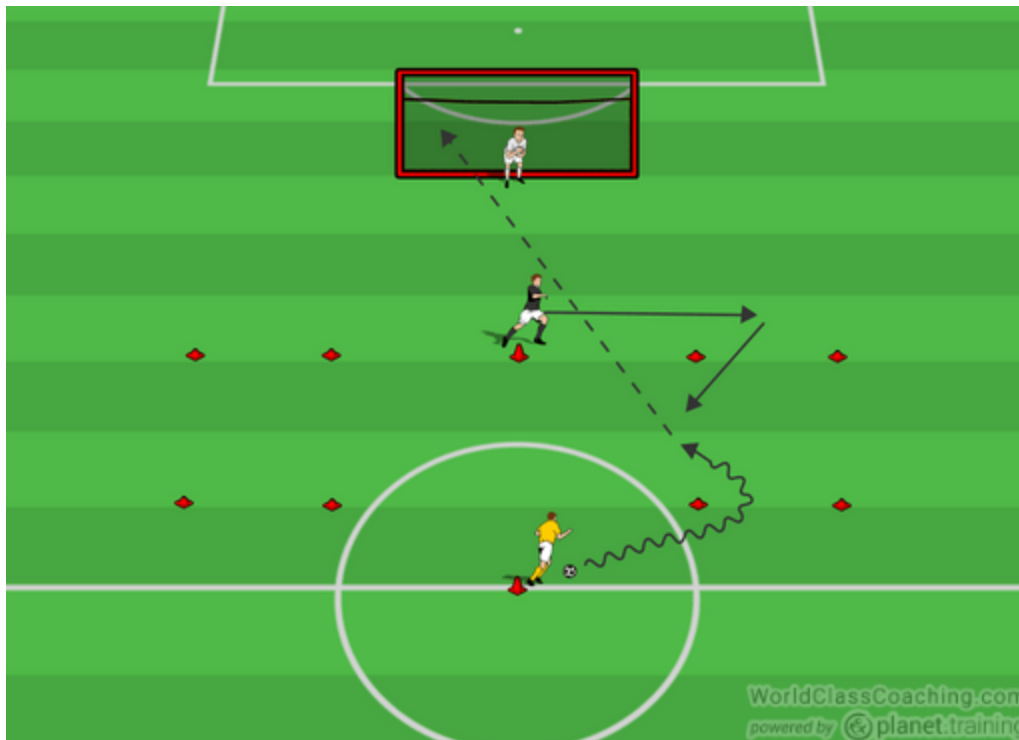
It is important to play a very fast game (10 minute max, related to age of the players and area size).

CHAPTER 2

Exercises for improvement in finishing with GK

1 VS 1 and shooting

1st OPTION



Area Size:

Different shapes (squares or rectangles). Vary the width or length size depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly through the gate;
- To shoot before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

This exercise is about the ability to dribble the ball through a gate and shoot as quickly as possible.

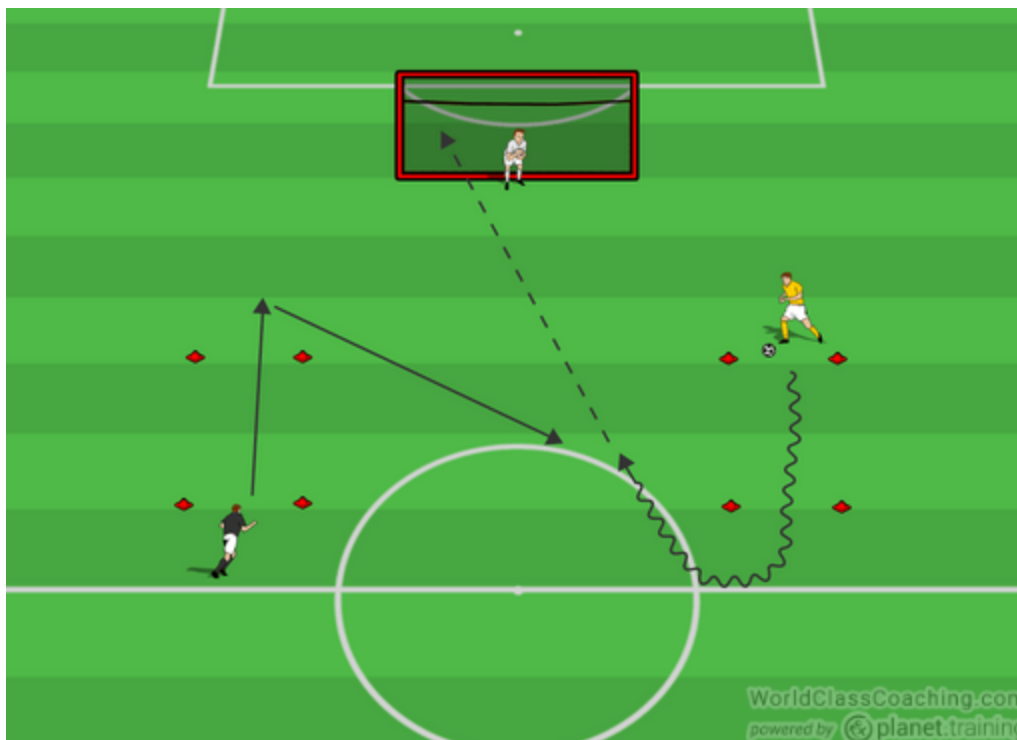
The striker has to dribble the ball through the gate and the defender has to stop him; the focus for the striker is to score.

It is interesting to see that we have a fitness effort on explosive change of direction.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 and shooting

2nd OPTION



Area Size:

Different shapes (squares or rectangles). Vary the width or length size depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly through the gate;
- To shoot before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

This exercise is about the ability to dribble the ball through a gate and shoot as quickly as possible.

The striker has to dribble the ball through the gate and the defender has to stop him; the focus for the striker is to score.

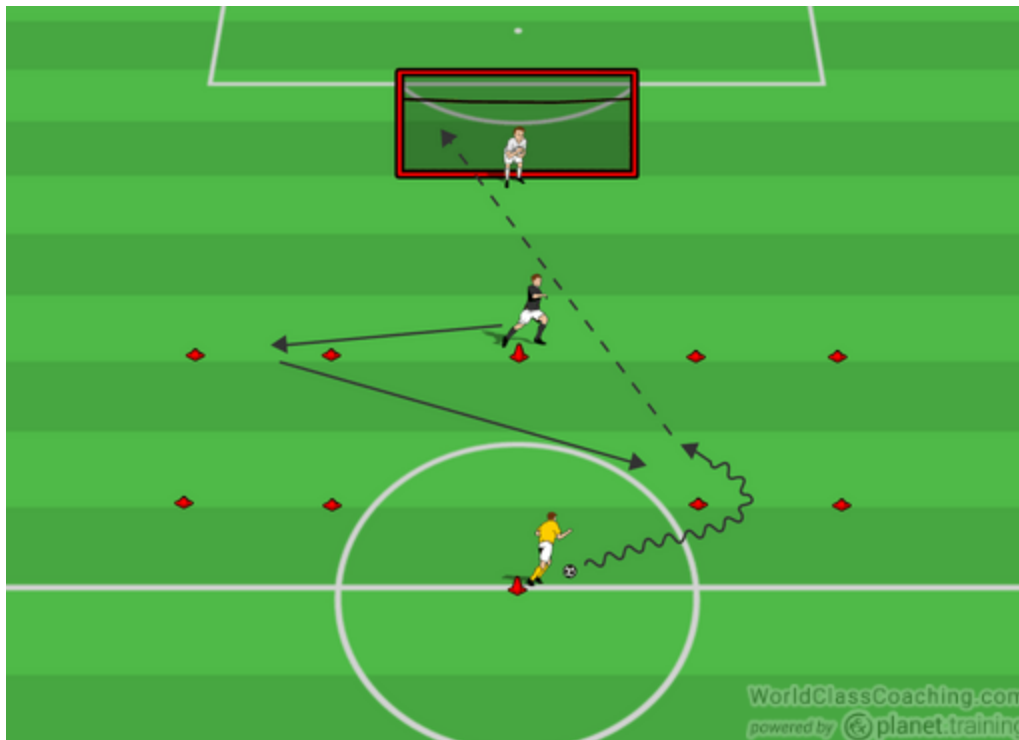
It is interesting to see that we have a fitness effort on explosive change of direction.

It is important for the striker to do a very fast turn around the cone.

It is important to play a very fast game (10 minute max, related to age of the players and area size).

1 VS 1 and shooting

3rd OPTION



Area Size:

Different shapes (squares or rectangles). Vary the width or length size depending on the age and technical quality of the players.

Time:

5-10 minutes

Objectives:

For the striker:

- To dribble the ball quickly through the gate;
- To shoot before the defender's arrival;

For the defender:

- To run quickly;
- To stop the striker;

Execution:

This exercise is about the ability to dribble the ball through a gate and shoot as quickly as possible.

The striker has to dribble the ball through the gate and the defender has to stop him; the focus for the striker is to score.

It is interesting to see that we have a fitness effort on explosive change of direction.

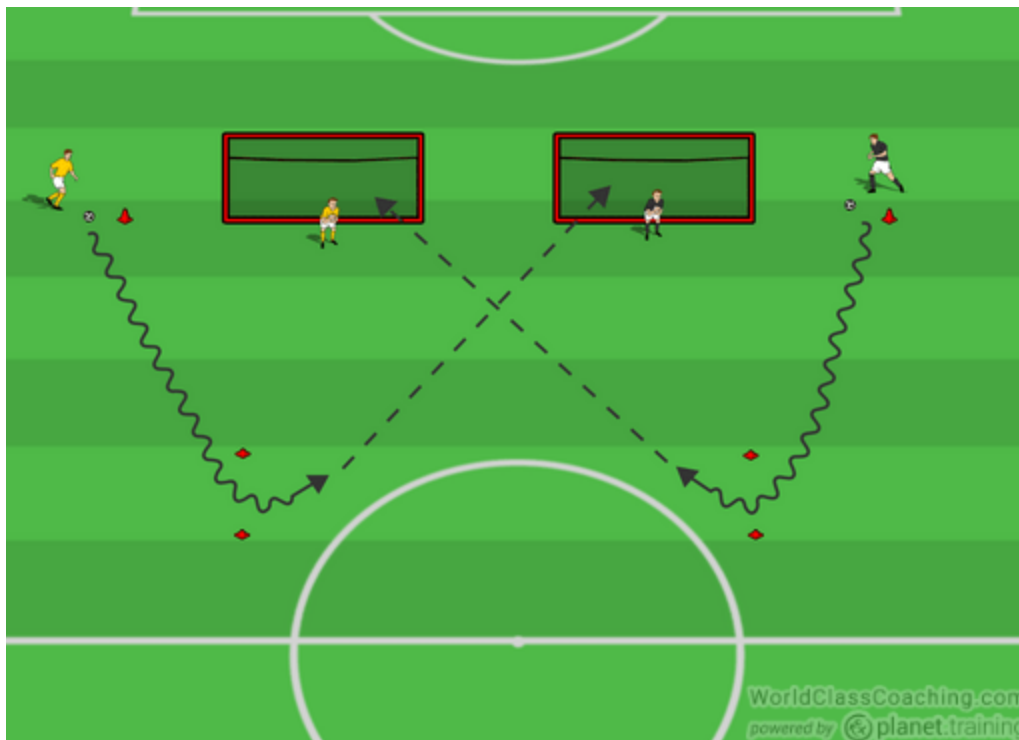
It is important to play a very fast game (10 minute max, related to age of the players and area size).

CHAPTER 3

Exercises for improvement in finishing with GK; shooting experience and combination

1 VS 0, FREE SHOOT

1st OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly through the gate;
- To shoot faster than the player of the opposing team;

Execution:

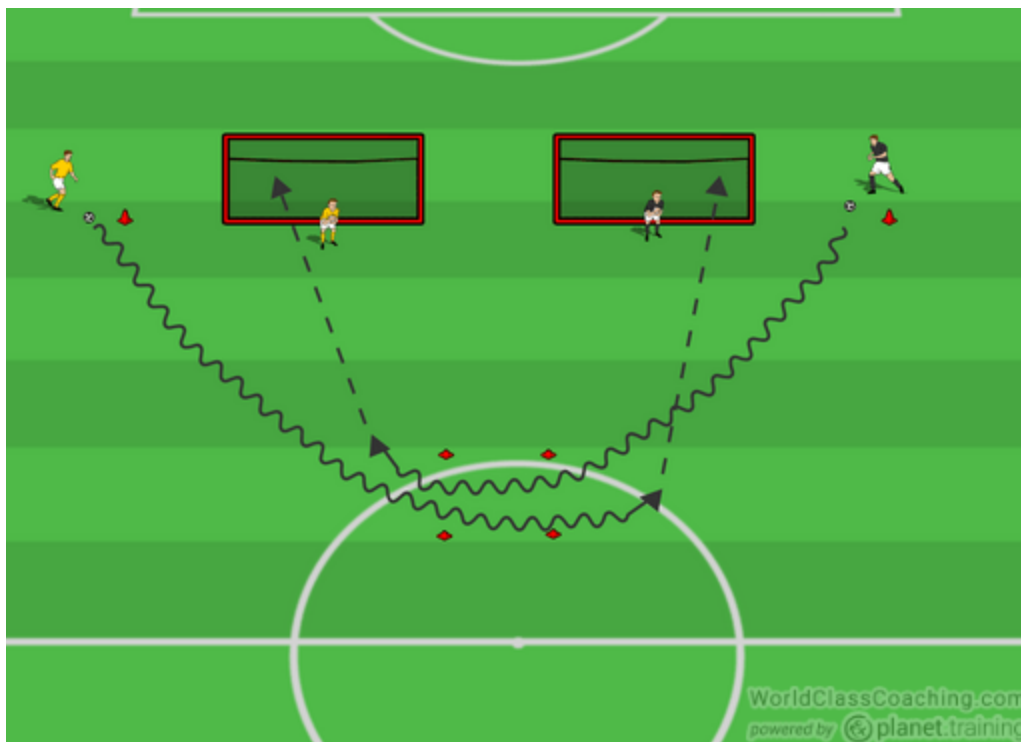
This exercise is about the ability to dribble the ball through a gate and shoot as quickly as possible.

Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (black and yellow in this diagram), with goalkeepers. To encourage the players to do their best, we can ask them: “Which team will score more goals in 5 minutes?”

1 VS 0, FREE SHOOT

2nd OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly through the gates;
- To shoot faster than the player of the opposing team;
- Don't crash between the gates.

Execution:

This exercise is about the ability to dribble the ball through a gate and to shoot as quickly as possible.

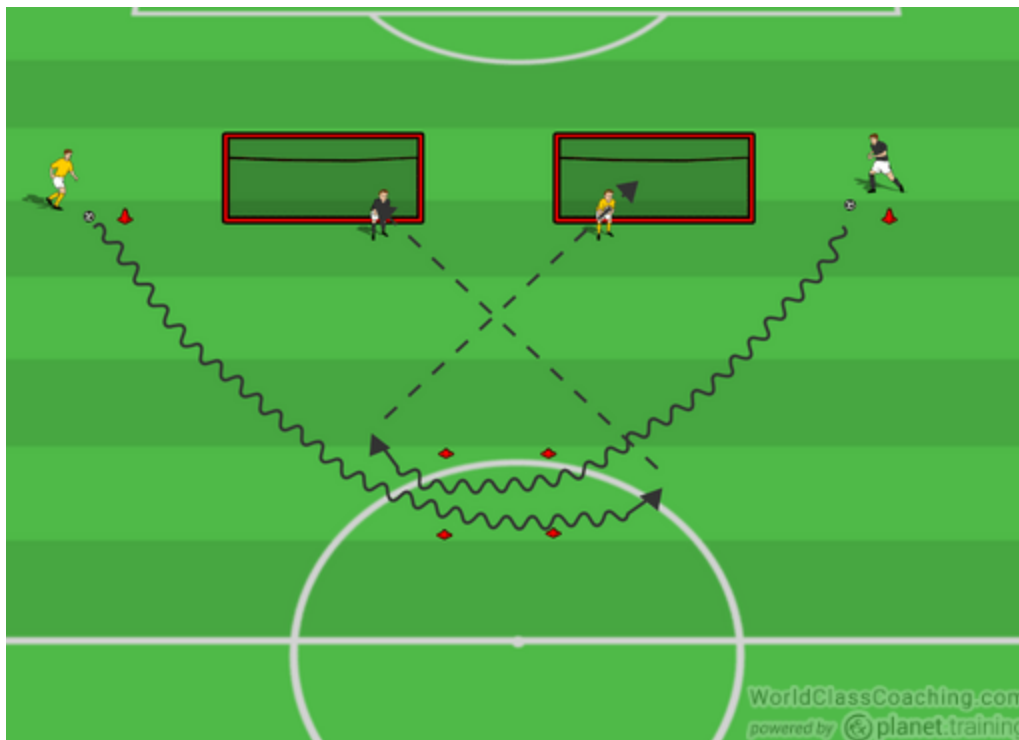
Related to the previous exercise, we have a different angle of shooting. We also have a different position of the goalkeeper related to the striker.

Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: "Which team will score more goals in 5 minutes?"

1 VS 0, FREE SHOOT

3rd OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly through the gates;
- To shoot faster than the player of the opposing team;
- Don't crash between the gates.

Execution:

This exercise is about the ability to dribble the ball through two gates and to shoot as quickly as possible.

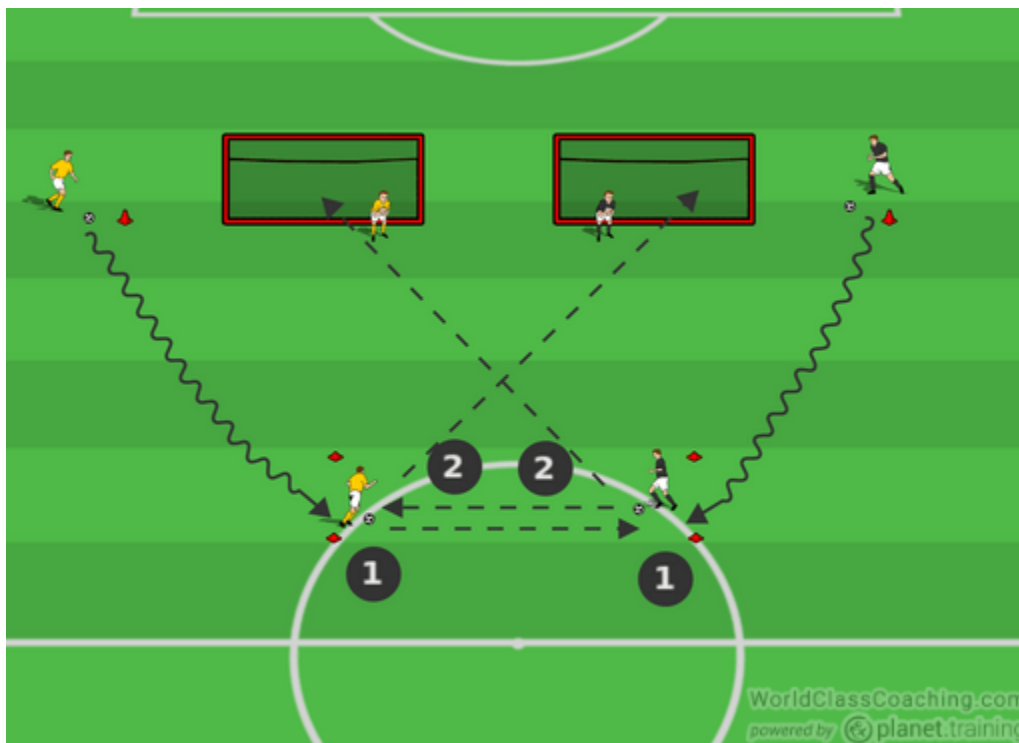
Related to the previous exercise, we have a different angle of shooting; we also have a different position of the goalkeeper related to the striker.

Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”

1 VS 0, FREE SHOOT

4th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly toward the gates;
- To swap the balls between the gates;
- To shoot faster than the player of the opposing team;

- To shoot on first touch.

Execution:

This exercise is basically focused on the ability to shoot by first touch.

Related to the previous exercise, we have a different angle of shooting and a ball swap; we also have a different position of the goalkeeper related to the striker.

The players have to dribble the ball toward the gates; at point n.º1 in the picture they have to swap balls; at point n.º2 in the picture they have to shoot by first touch.

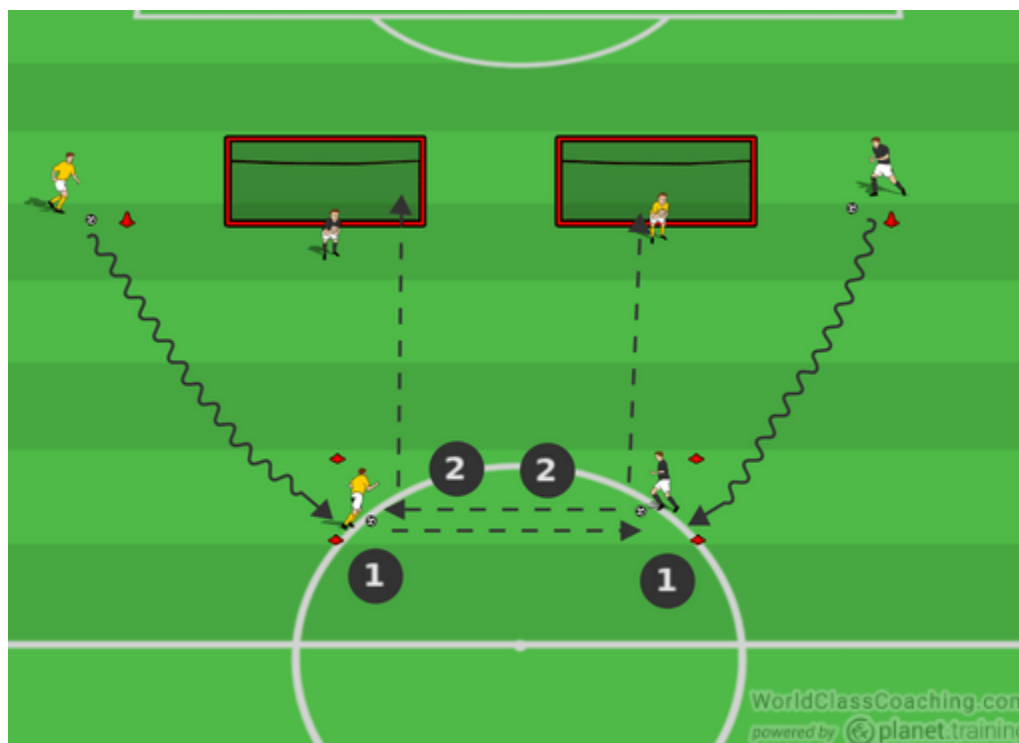
Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”

This is an exercise for middle to high level players.

1 VS 0, FREE SHOOT

5th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly toward the gates;
- To swap the balls between the gates;
- To shoot faster than the player of the opposing team;
- To shoot by first touch.

Execution:

This exercise is basically focused on the ability to shoot by first touch.

Related to the previous exercise, we have a different angle of shooting and a ball swap; we also have a different position of the goalkeeper related to the striker.

The players have to dribble the ball toward the gates; at point n.º1 in the picture they have to swap balls; at point n.º2 in the picture they have to shoot by first touch.

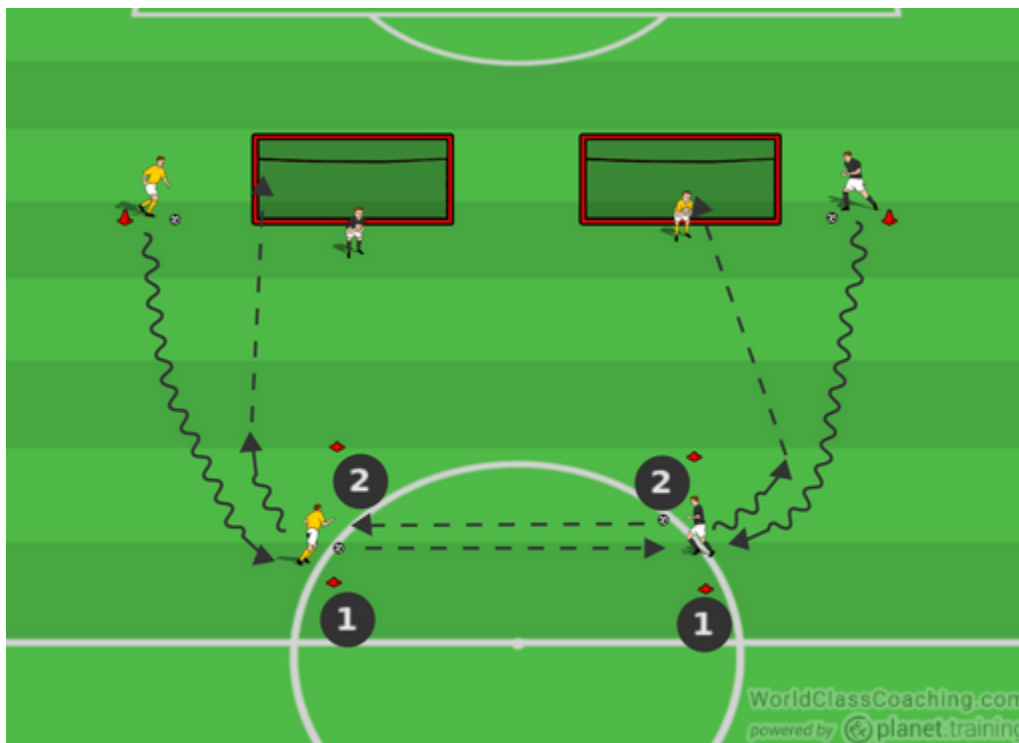
Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”

This is an exercise for middle to high level players.

1 VS 0, FREE SHOOT

6th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time: 10-15 minutes

Objectives:

- To dribble the ball quickly toward the gates;
- To swap the balls between the gates;
- To have a good body orientation;
- To shoot faster than the player of the opposing team;
- To shoot by first touch.

Execution:

This exercise is basically focused on the ability to shoot being well-oriented.

In this exercise, we have a different angle of shooting and a different movement of the body related to the ball. We also have a different position of the goalkeeper related to the striker.

The players have to dribble the ball toward the gates; at point n.º1 in the picture they have to swap balls; at point n.º2 in the picture they have to shoot after a dribbling out of the gate (max two touches).

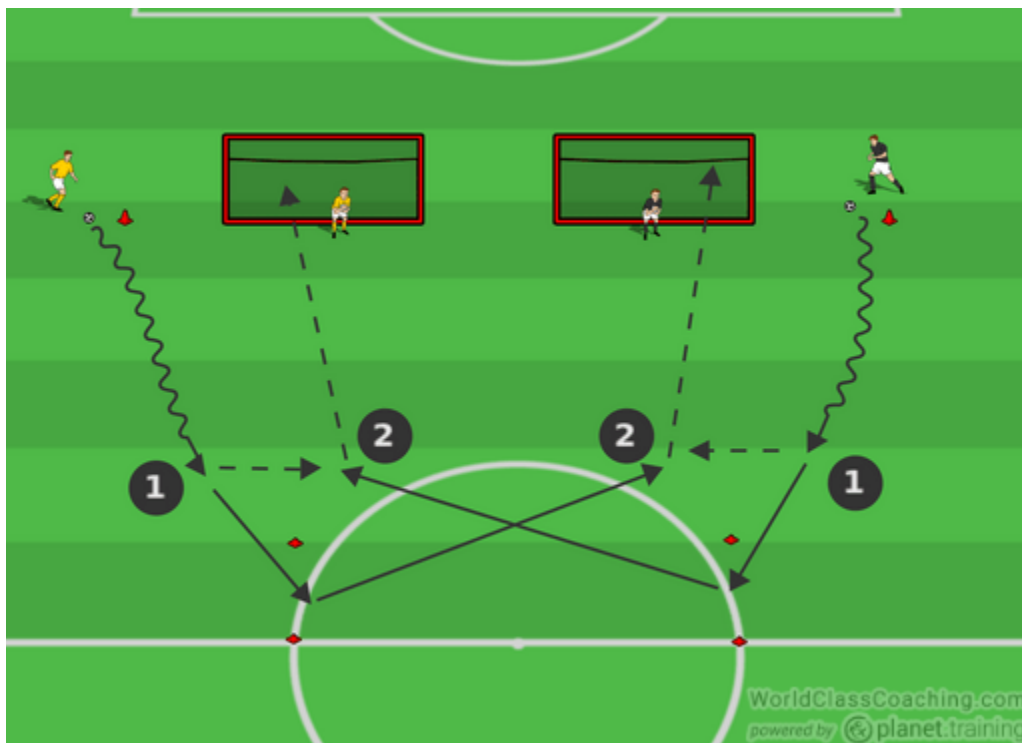
Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”

This is an exercise for middle level players.

1 VS 0, FREE SHOOT

7th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time: 10-15 minutes

Objectives:

- To dribble the ball quickly;
- To arrive on the ball quickly;
- To shoot faster than the player of the opposing team;
- To shoot by first touch.

Execution:

This exercise is basically focused on the ability to shoot by first touch after recovering a ball in free space.

Related to the previous exercise, we have a different angle of shooting and a ball's recovery; we also have a different position of the goalkeeper related to the striker.

The players have to dribble the ball toward the gates; at point n.º1 they have to move the balls as shown in the picture; at point n.º2 in the picture they have to shoot by first touch.

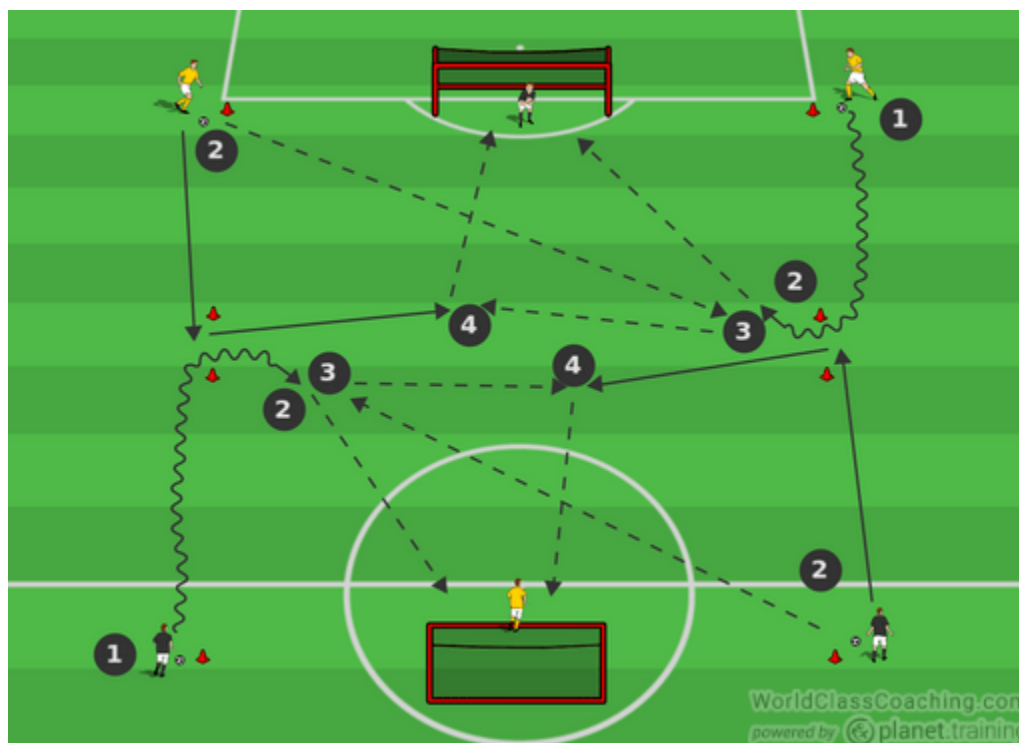
Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: "Which team will score more goals in 5 minutes?"

This is an exercise for middle to high level players.

1 VS 0, FREE SHOOT

8th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To turn around the cone quickly;
- To arrive on the ball quickly;
- To shoot faster than the players of the opposing team;

- To shoot by first touch.
- To provide a pass for a shot by a teammate.

Execution:

This exercise is basically focused on the ability to shoot by first touch after a passing combination.

Related to the previous exercise, we have a different angle of shooting; we also have a different position of the goalkeeper related to the strikers.

At point n.º1 the players have to dribble the ball toward the cones; at point n.º2 they have to shoot, while the teammates are passing them the ball, before making a run as shown in the picture.

At point n.º3, a pass is made to the teammate; at point n.º4 there is the first touch shot.

It is interesting to see that the goalkeepers have the time to be ready to receive a new shoot.

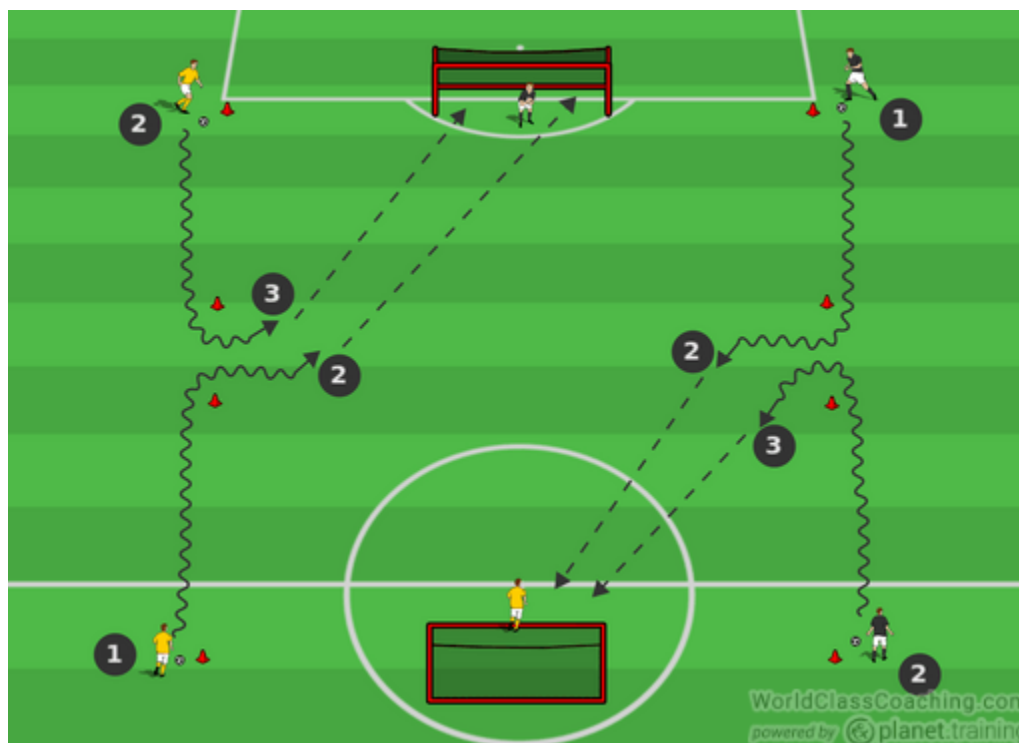
Each player has to do everything as quickly as possible.

You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. (To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”)

This is an exercise for middle to high level players.

1 VS 0, FREE SHOOT

9th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To turn around the cone quickly;
- To dribble through the gate quickly, showing good abilities;
- To shoot faster than the player of the opposing team;

- To shoot by first touch.

Execution:

Related to the previous exercise, we have a different angle of shooting; we also have a different position of the goalkeeper related to the striker.

At point n.º1 they have to dribble the balls toward and through the gates; at point n.º2 they have to shoot, while the teammate starts to dribble the ball as shown in the picture. At point n.º3 there is a shooting action after a turning action.

Each player has to do everything as quickly as possible.

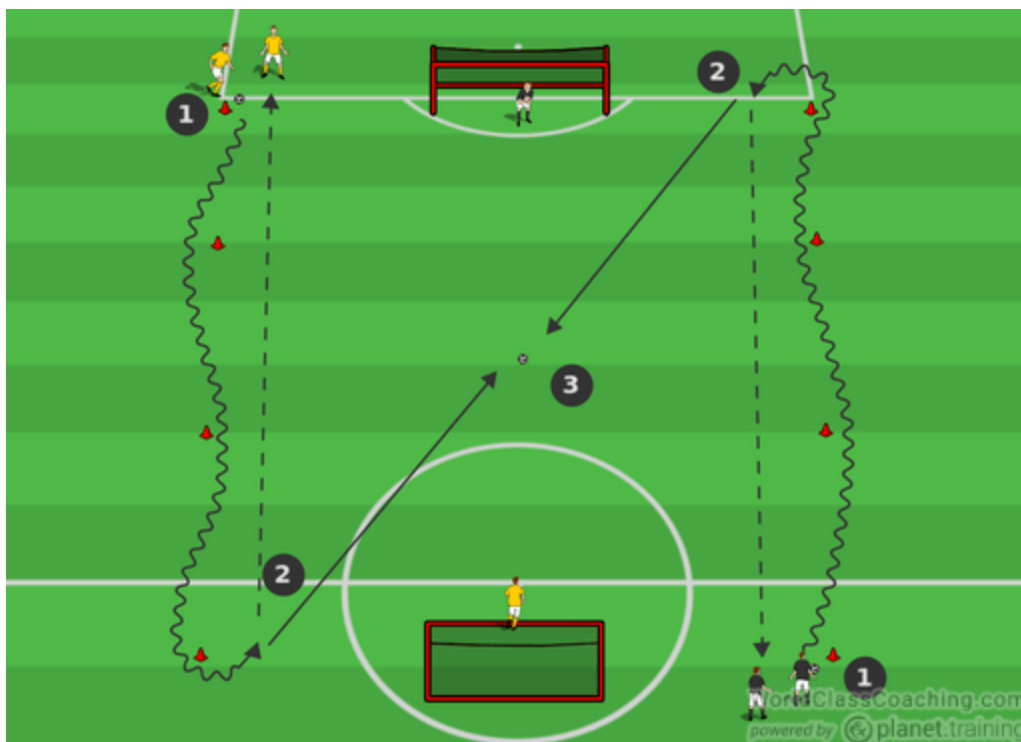
You can propose a time challenge between two teams (in this picture black and yellow), with goalkeepers. To encourage the players in doing the best, we can ask them: “Which team will score more goals in 5 minutes?”

This is an exercise for middle to high level players.

CHAPTER 4

Exercises for improvement in finishing, with big goals and an interlude on psychokinetic agility and quickness

1 VS 1 CLASSIC DUEL AND SHOOTING EXERCISE



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To pass the ball back quickly;
- To arrive on the ball quickly;

- To shoot before the arrival of the opposite player.

Execution:

This exercise is basically focused on the ability to dribble the ball, pass the ball back and shoot before the opposite player.

The players have to dribble the ball (point n.°1); at point n.°2 they have to pass the ball back as shown in the picture. After that they have to arrive first to the ball placed in the middle of the field (point n.°3); the first player that reaches the ball must shoot, otherwise a duel will take place.

Each player has to do everything as quickly as possible.

1 VS 0 COLORS GAME

1st OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10 minutes

Objectives:

- To be quick in answering at the command given by the coach;
- To run quickly toward the ball;
- To move the ball quickly;

- To shoot quickly.

Execution:

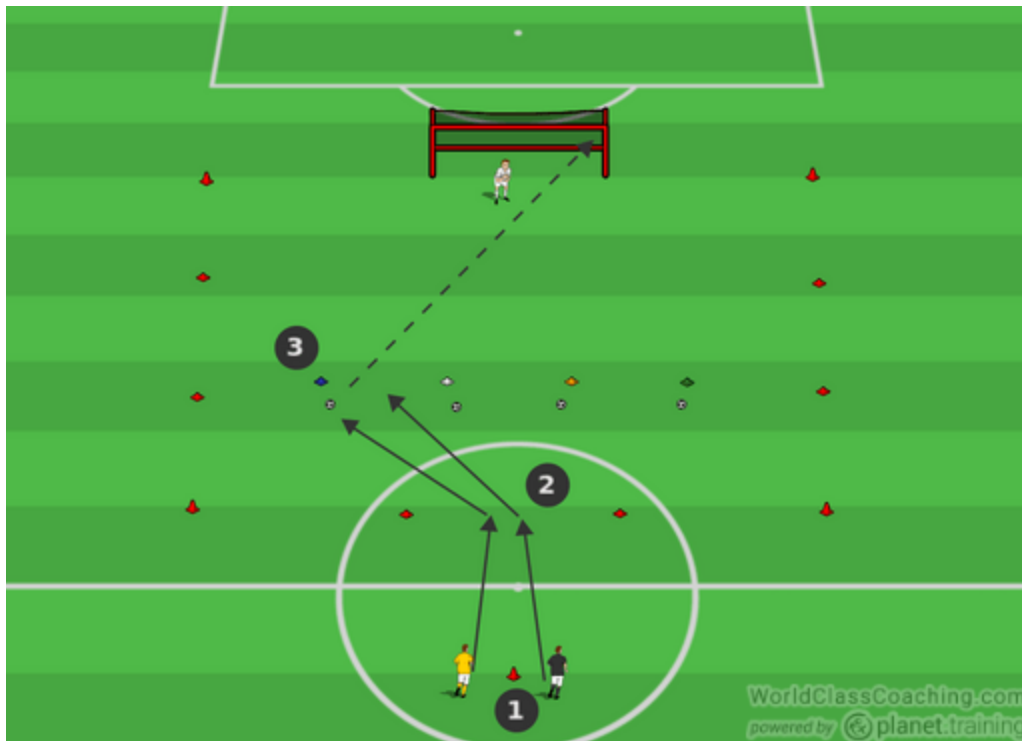
This exercise is basically focused on the ability to move the ball and shoot quickly.

The player has to run straight on (point n.º1); at point n.º2 suddenly the coach tells him one of the colors that we can see in the field (4 cones, 4 colors).

The player has to answer to that command going toward the ball related to the color called previously; to finish the exercise he has to move the ball and shoot as quickly as possible (max two touches).

1 VS 1 COLORS GAME

2nd OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time: 10 minutes

Objectives:

- To be quick in answering at the command given by the coach;
- To run quickly toward the ball;
- To arrive on the ball quickly;
- To move the ball quickly;

- To shoot before the arrival of the opposite player.

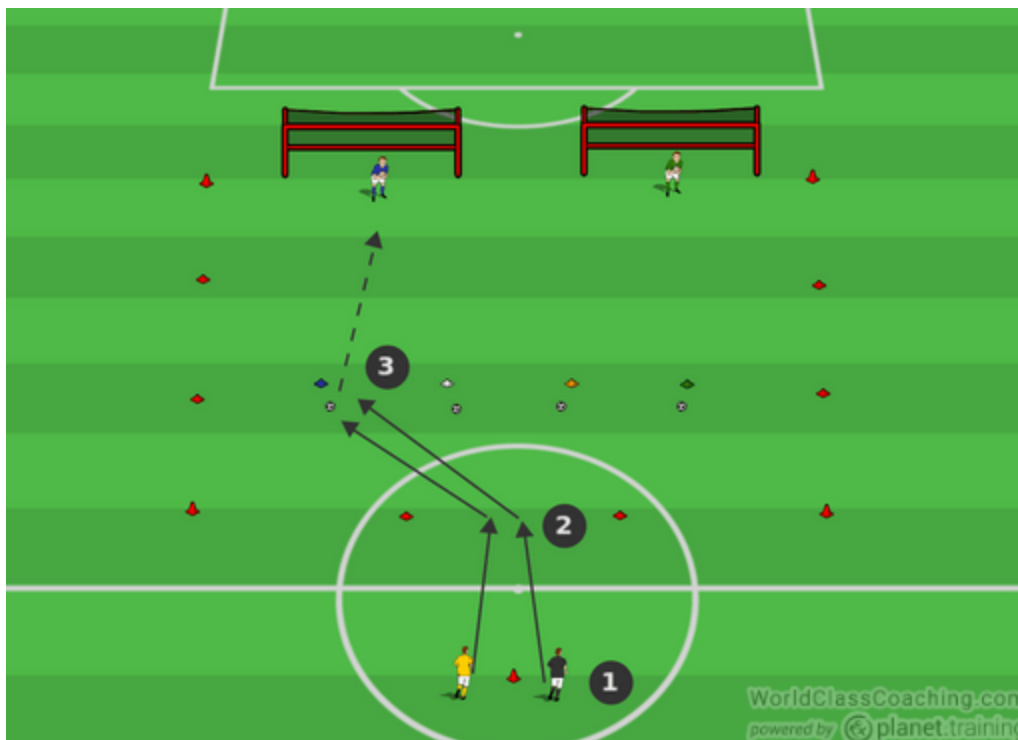
Execution:

This exercise is basically focused on the ability to move the ball and shoot quickly.

The players have to run straight on (point n.º1); at point n.º2 suddenly the coach tells them one of the colors that we can see in the field (4 cones, 4 colors). The players have to answer to that command going toward the ball related to the color called previously; the first player to arrive will shoot. To finish the exercise he has to move the ball and shoot as quickly as possible (max two touches).

1 VS 1 COLORS GAME

3rd OPTION



Area Size:

Different distances from the goals, depending on age of the players and shooting ability.

Time:

10 minutes

Objectives:

- To be quick in answering at the command given by the coach;
- To run quickly toward the ball;
- To arrive on the ball quickly;
- To move the ball quickly;

- To shoot in the right goal before the arrival of the opposite player.

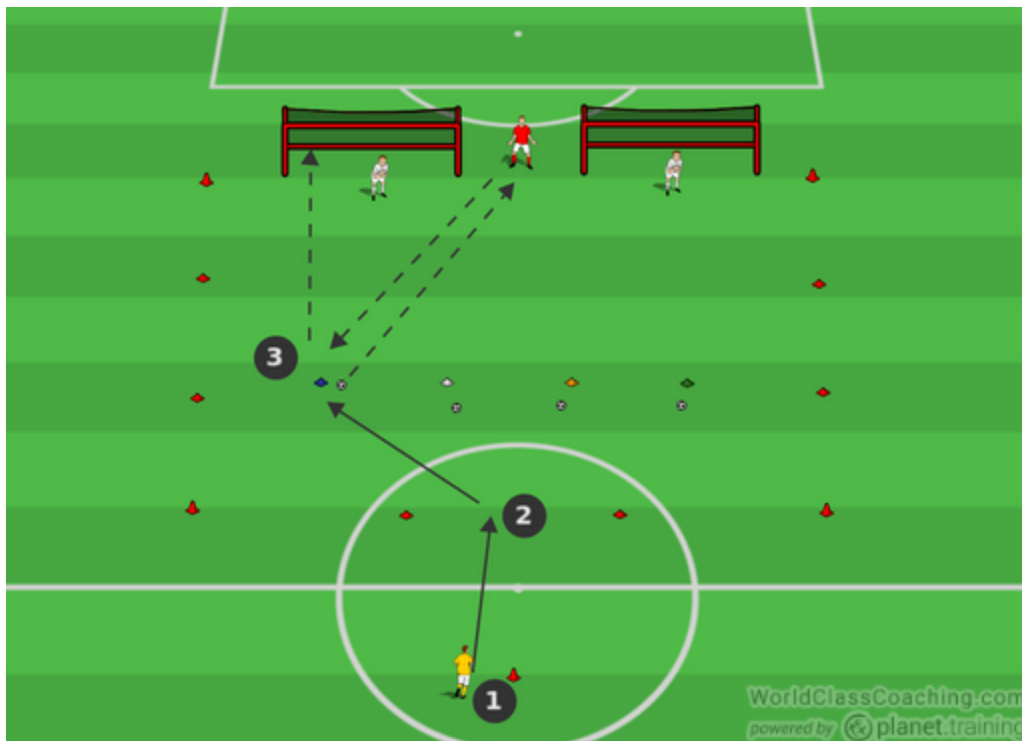
Execution:

This exercise is basically focused on the ability to move the ball and shoot quickly.

The players have to run straight on (point n.º1); at point n.º2 suddenly the coach tells them one of the colors that we can see in the field (4 cones, 4 colors). The players have to answer to that command, going toward the ball related to the color called previously. Another color (color of the goal in which to shoot) will be called by the coach; the first player arrived will shoot (point n.º3). To finish the exercise he has to move the ball and shoot as quickly as possible (max two touches).

1 VS 0 COLORS GAME, FINISHING BY FIRST TOUCH

4th OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10 minutes

Objectives:

- To be quick in answering at the command given by the coach;
- To run quickly toward the ball;
- To move the ball quickly;
- To pass the ball quickly;

- To shoot quickly by first touch.

Execution:

This exercise is basically focused on the ability to shoot by first touch.

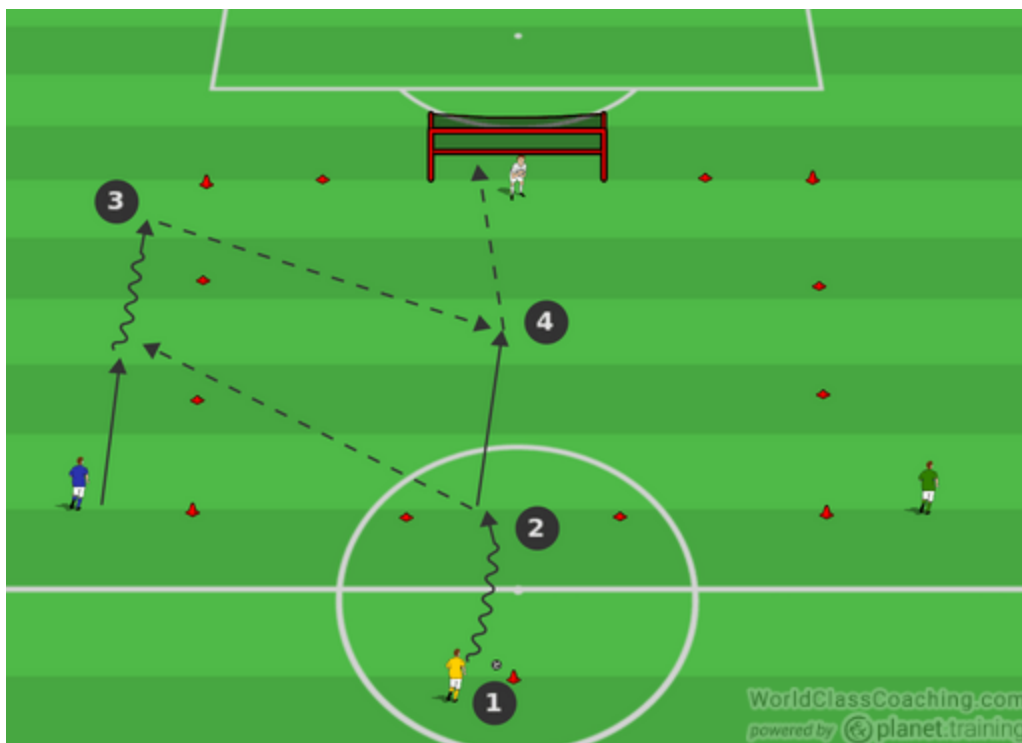
The player has to run straight on (point n.º1); at point n.º2 suddenly the coach tells him one of the colors that we can see in the field (4 cones, 4 colors). The player has to pass the ball to the support player; then he will receive a pass back. To finish the exercise he has to shoot by first touch (point n.º3).

It is interesting to see that the striker can choose the goal in which to score, so both the goalkeepers have to pay attention.

CHAPTER 5

Exercises for improvement in finishing by crossing, with more than two players and big goals

1 VS 0, PSYCHOKINETIC CHOICE AND FINISHING



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To be quick in answering at the command given by the coach;
- To pass the ball on the run-line;

- To cross the ball (with ball on the ground);
- To shoot by first touch receiving the cross;
- To attack the goal behind the line of the oncoming ball.

Execution:

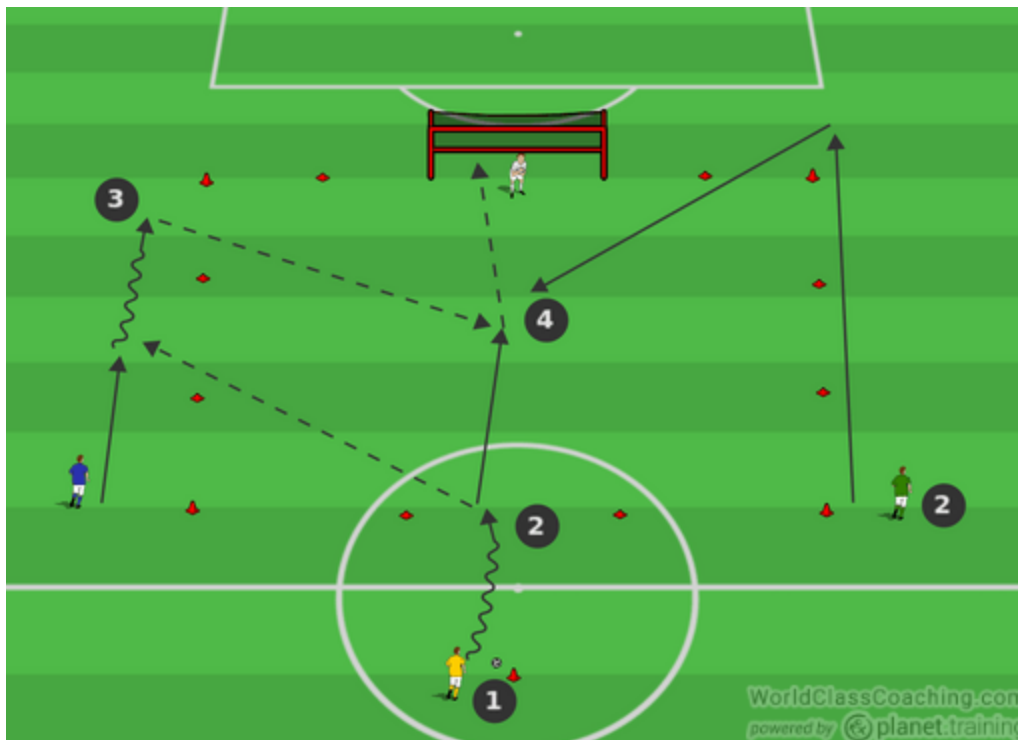
This exercise is basically focused on the ability to shoot by first touch receiving a cross.

The player has to run straight on (point n.º1); at point n.º2 suddenly the coach tells him one color (2 players, 2 colors). The player has to pass the ball to the related color player that is going to cross the ball as shown in the picture (point n.º3). The striker has to shoot by first touch receiving the cross (point n.º4).

It is interesting to teach to the striker how to attack the goal; the best way is to attack the goal behind the line of the ball (because doing that we can see ball, goal, and goalkeeper).

1 VS 1, PSYCHOKINETIC CHOICE AND FINISHING

1st OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

For the striker:

- To dribble the ball quickly;
- To be quick in answering at the command given by the coach;

- To pass the ball on the run-line;
- To attack the goal behind the line of the oncoming ball;
- To shoot by first touch receiving the cross;

For the wing:

- To dribble the ball quickly;
- To cross the ball (with ball on the ground);

For the defender:

- To run quickly as shown in the picture, but watching the action;
- To attack and stop the striker.

Execution:

This exercise is basically focused on the ability to shoot by first touch receiving a cross.

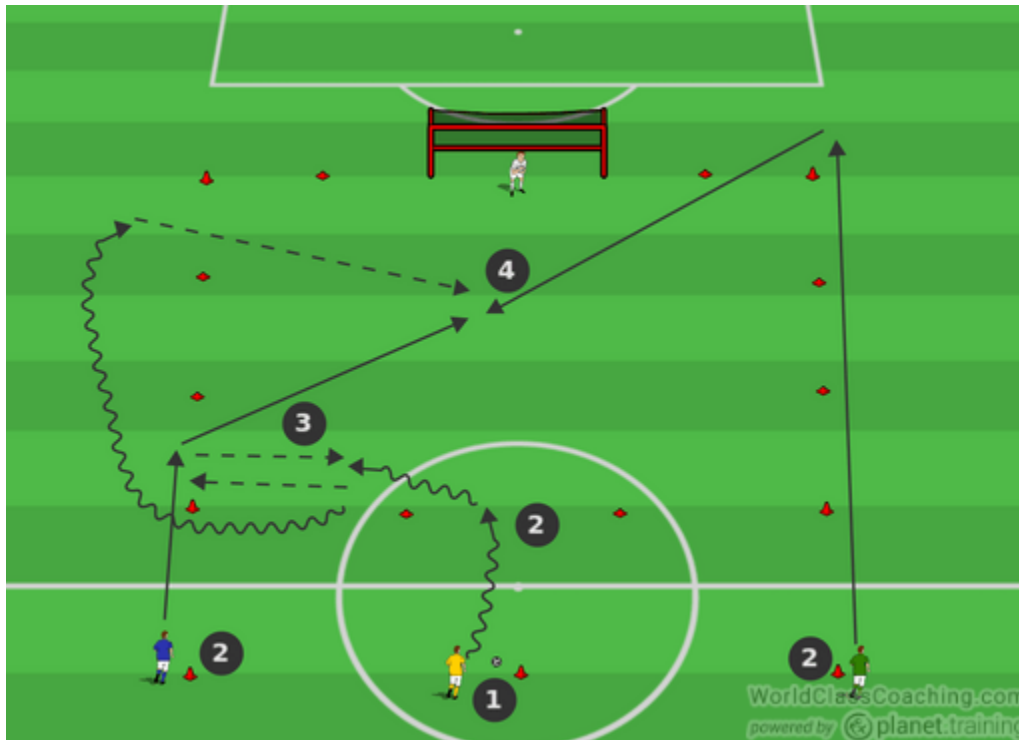
The player has to run straight on (point n.º1); at point n.º2 suddenly the coach tells him one color (2 players, 2 colors); the opposing color player becomes defender and has to run as shown in the picture. The player has to pass the ball to the related color player that is going to cross the ball as shown in the picture (point n.º3). The striker has to shoot by first touch receiving the cross, but he also has to pay attention to the defender (point n.º4).

It is interesting to teach to the striker how to attack the goal; the best way is to attack the goal behind the line of the ball (because doing that we can see ball, goal, defender and goalkeeper).

It is also possible to work on defending abilities, watching how the defender is doing his job. Then the coach can give him advice.

1 VS 1, PSYCHOKINETIC CHOICE AND FINISHING

2nd OPTION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To be quick in answering at the command given by the coach;
- To pass the ball quickly;

- To receive the ball quickly;
- To attack the goal behind the line of the ball coming;
- To shoot by first touch receiving the cross;

Execution:

This exercise is basically focused on the ability to shoot by first touch receiving a cross, after an overlap.

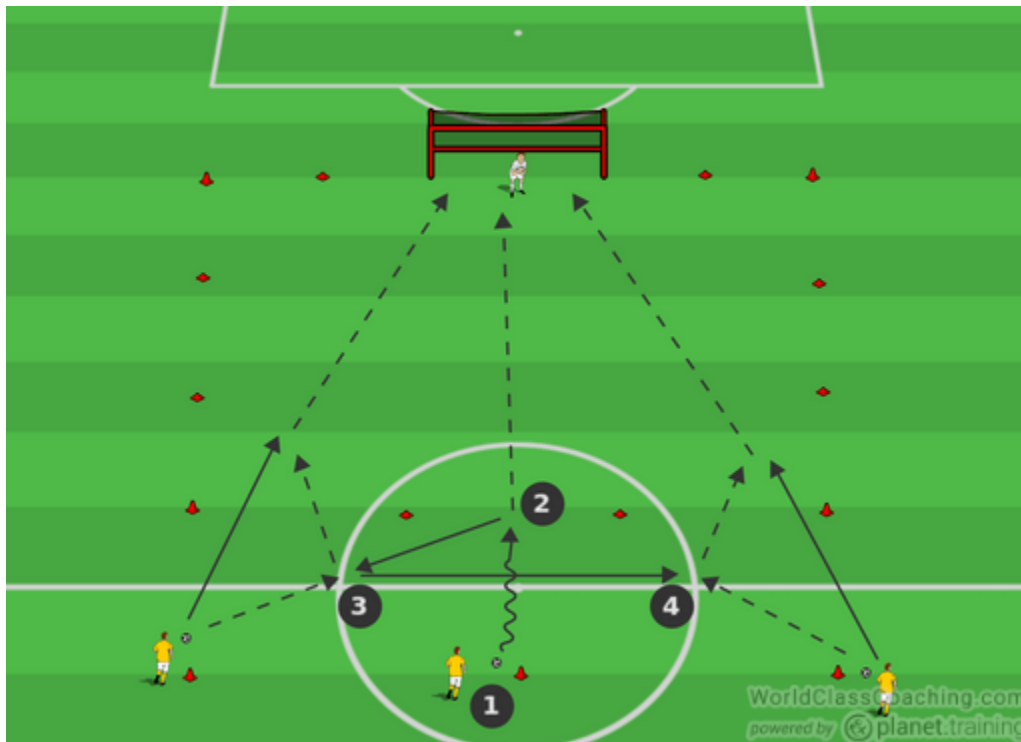
The player has to run straight on (point n.º1); at point n.º2 suddenly the coach tells him one color (2 players, 2 colors); the opposing color player becomes defender and has to run as shown in the picture. The player has to pass and receive the ball to the related color player as shown in the picture (point n.º3). Then, we have an overlapping (point n.º3). The striker has to shoot by first touch receiving the cross, but he also has to pay attention to the defender (point n.º4).

It is important to assess how the players pass and receive the ball at point n.º3; after that, you can help them with advices focused on passing quickness.

CHAPTER 6

Exercise for improvement in finishing by combination, with more than two players and big goal.

1 VS 0 SHOOTING COMBINATION



Area Size:

Different distances from the goal, depending on age of the players and shooting ability.

Time:

10-15 minutes

Objectives:

- To dribble the ball quickly;
- To shoot quickly;
- To pass the ball quickly;
- To receive the ball quickly;

Execution:

This exercise is basically focused on the shooting development (for example, if we have a players that need to improve their shooting skills).

The player has to run straight on (point n.°1) and shoot to goal (point n.°2). After that, he has to give support to the player placed on the left side (point n.3) and subsequently to the player placed on the right side (point n.°4).

Those two player are shooting as shown in the picture.

It is very interesting to see if we have a good support player in our team.

It is a good exercise to assess the shooting ability of the player in different areas of the field.

It is a good exercise for middle to high level goalkeepers, because they have to be very quick (they are receiving 3 shots in few seconds).

Conclusion

To conclude, finishing consists of various different qualities that combine together to create the end product. One of the main components of finishing is the technical component, otherwise known as shooting. Shooting is a fundamental skill, and is a basic requirement to play the game. From mini kickers up to professional players, shooting-passing-receiving-dribbling are the fundamental requirements to play the game, regardless of individual quality of execution. Thus, shooting is a crucial attribute to a player's development, and should be triggered from the youngest ages, even if it is just referred to as "kicking towards goal."

As players grow and mature, the level of quality expected of them increases, as does the difficulty in methods of training certain skills. As we mentioned in this book, there are two methods to train finishing, static and dynamic execution. Static refers to the no-pressure technique-focused training, which one sees practiced more frequently with younger or more inexperienced players. Mastering that execution is crucial to progress onto dynamic execution where other factors also come in play. Here, the player is required to put his decision making skills, his physical abilities, and his reading of the game to the test while considering the environment around him, as these are all factors that influence a dynamic, game-like situation.

Throughout the book, we have explored both types of executions and demonstrated a variety of practical exercises that coaches can take advantage of and implement into their training sessions as they see fit, in regards to experience and level of their players.