



Shooting & Finishing (Travel 1)

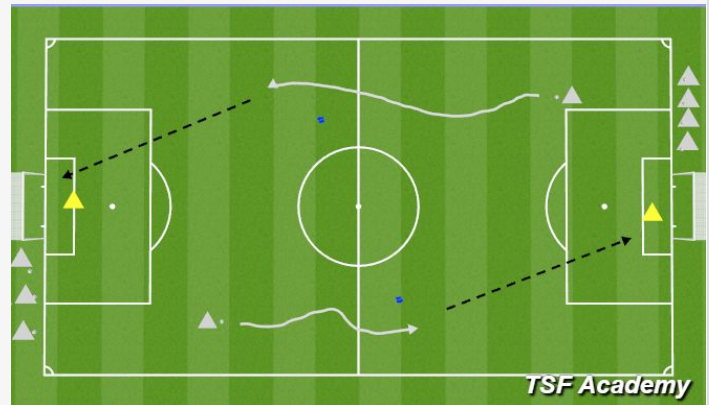
Category: Technical: Shooting

Skill: Mixed age

Pro-Club: TSP Academy
Paul Kenworthy, Lincoln Park, United States of America

1v1 Shooting (20 mins)

- Each player dribbles towards the Mannequin, performs a skill past it, and then takes a shot on goal.
- Can have the players go inside and outside of the mannequin so players can use both left and right foot.
- Players can then dribble towards the mannequin and then pass the ball across to the opposite play for a shot. (2 touches and 1st-time finish)



1v1/2v2 Transition (20 mins)

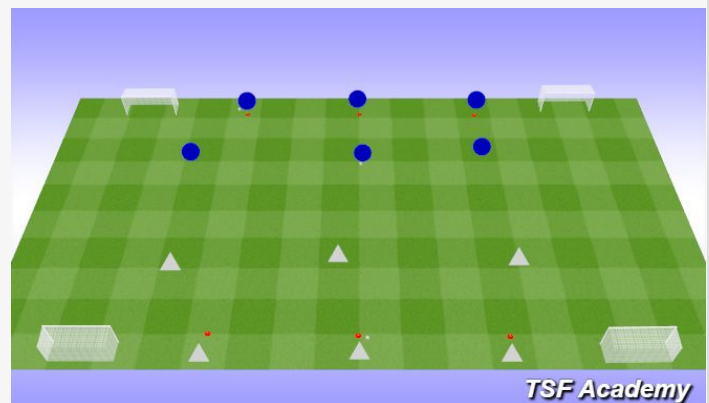
1v1 / 2v2 Transition

- 1 or 2 players in the middle from each team and 1 or 2 players off the field depending on what exercise your doing (1v1 or 2v2).
- The blue team is trying to score in the red team's goal and if they are successful they will then have to defend against a new red team coming on with a ball.
- Now the coach is encouraging 1v1, 2v2 which now incorporates decision making to go 1v1 or make a pass.
- Trying to get players to create space for a shot on goal



Transition (4 Goal) (20 mins)

- 3v3 Transition to 2 goals.
- Good decision making
- Quick decision
- Runs off the ball
- Don't force the ball
- Attack the space
- Precision finishing
- A neutrals for more success



SSG (30 mins)

- Good decision making
- Quick desions
- Speed of play
- Awareness of space
- Transition Def-Att / Att-Def

