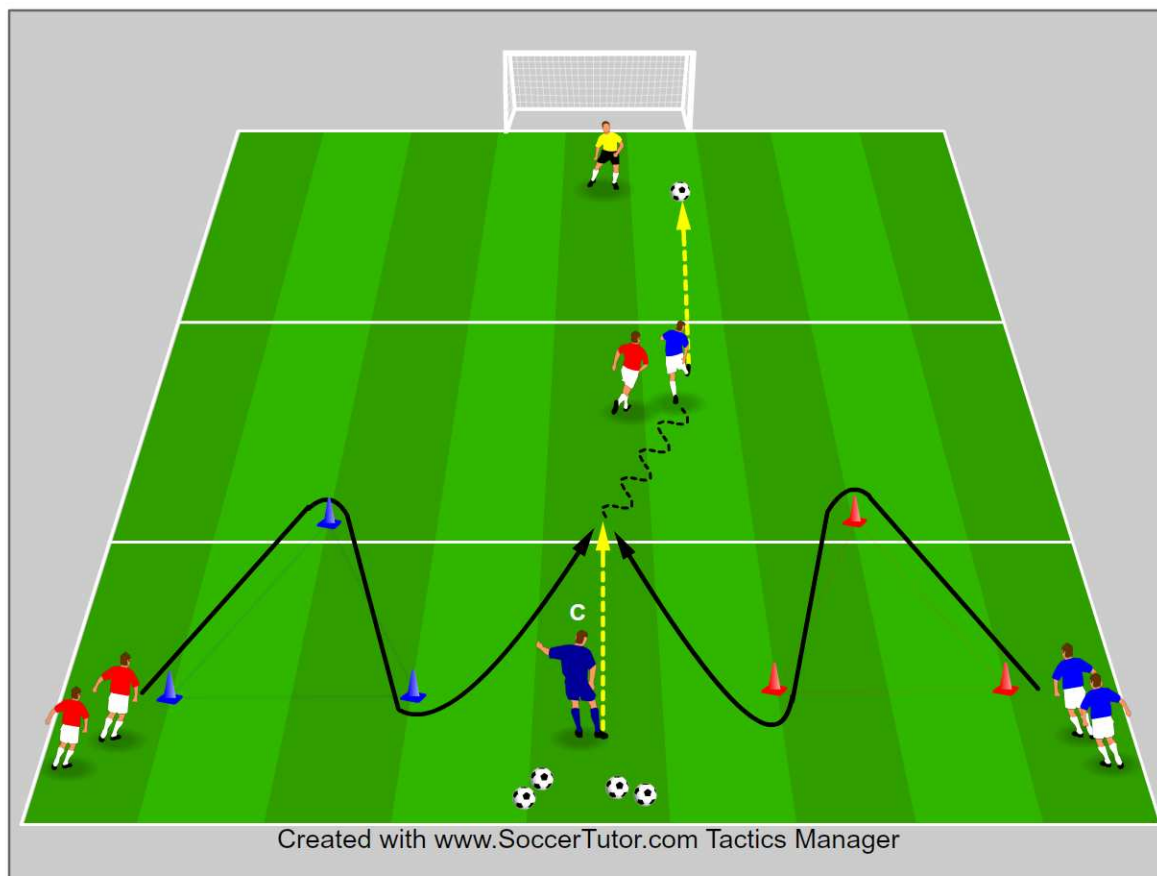


1 v 1 Finishing on Goal Practice - Concept 4 Soccer International



Date: 20/Mar/2012

Measurement: 20 x 20 Yards

Time: N/A:N/A

Players: 7

Duration: 10

Level/Age Group: U5 - U10

Description: On the coaches command, players sprint around the cones. Just as the players approach the third cone, the coach serves the ball along the ground for a 1 v 1 to finish on goal.

Objective: To develop finishing on goal in a 1 v 1 duel.

Coaching Points:

1. Speed around the cones
2. First touch is important
3. Finish on target

Progression:

1. Finish and become keeper
2. 1 v 1 game
3. Change run and 2 v 2

This Drill was taken from Technique to Skill - Concept 4 Soccer Int'l DVDs

Concept 4 Soccer Int'l is a **professional technical skills coaching programme** designed for youth football players by Gwynne Berry. This programme has been **successfully developed with Premier League elite academy players** and is now being delivered worldwide.

Personal Endorsement from Tony Carr

"At West Ham United F.C. we firmly believe that outstanding technical ability is essential for Premiership success. The development in our Academy players technique under Gwynne has been excellent"

Tony Carr – Academy Director West Ham United F.C.



Purchase the DVDs

Rest of the World Shop:

<http://shop.soccertutor.com/Technique-to-Skill-3-DVD-Set-Concept-4-Soccer-p/c4f-d006set.htm>

US and Canadian Shop:

<http://shopusa.soccertutor.com/Technique-to-Skill-3-DVD-Set-Concept-4-Soccer-p/c4f-d006set.htm>

Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>