

## Feyenoord Rotterdam U16 Finishing Through Balls



<b>Date:</b>	23/May/2013	<b>Measurement:</b>	Half a Pitch
<b>Time:</b>	N/A:N/A	<b>Players:</b>	8
<b>Duration:</b>	15	<b>Level/Age Group:</b>	U15 - 18+

**Description:** Players work in finishing through balls from a wide position.

Following a short forward pass and lay-off, one of the central players plays a long ground pass behind the outside defender (a cone or mannequin) for the wide players to run onto and finish.

**Objective:** To develop through balls, timing the run and finishing.

**Coaching Points:**

1. Play in the centre should be quick.
2. Timing of the run from the wide player - not too early

**Progression:** Diagonal through ball for opposite wide player. E.g. if starting from central left position, receive the lay-back pass towards the central right position and make the through ball pass inside the left mannequin for the left wide player to run onto and finish.



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