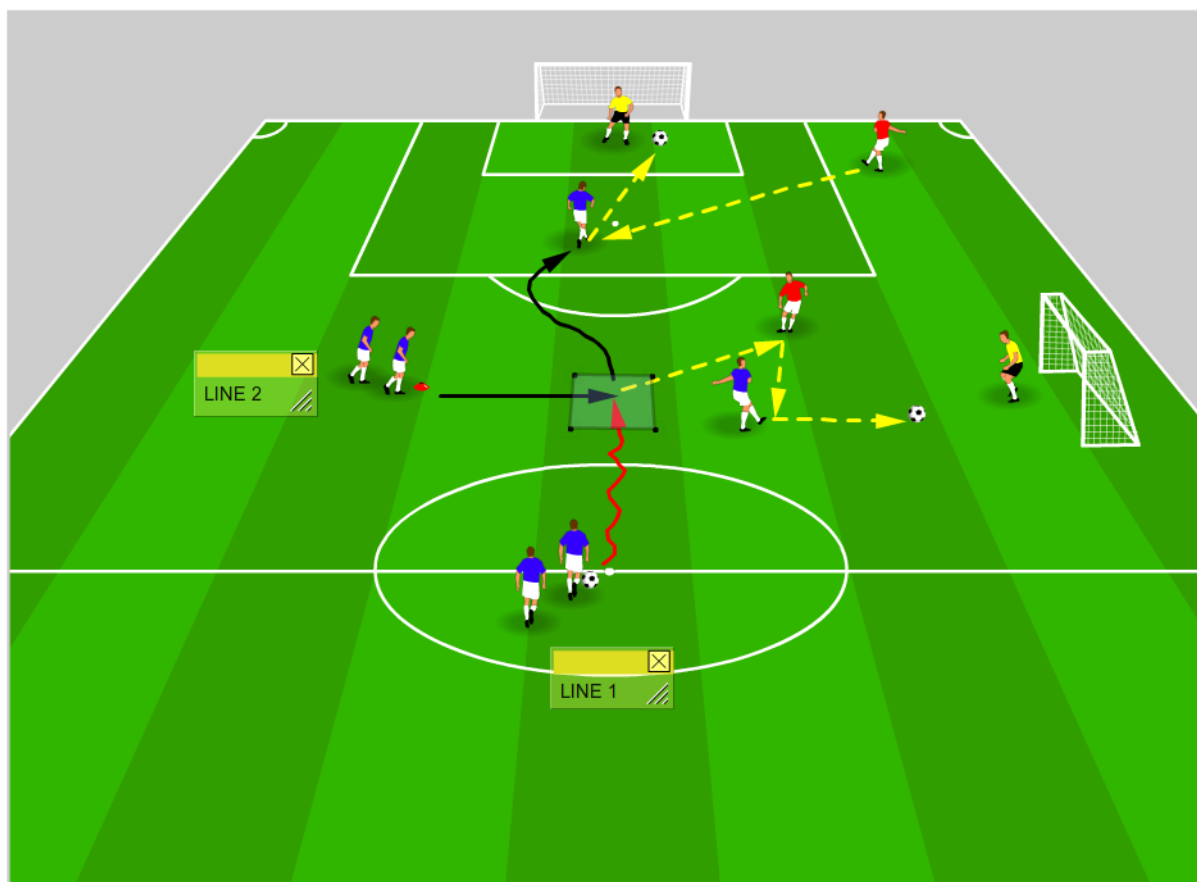


## Functional Finishing Practice



**Date:** 25 Aug 2010

**Measurement:** Half pitch

**Time:** -

**Players:** 10

**Duration:** -

**Level/Age Group:** 11+

**Description:** Players in LINE 1 run with the ball from the halfway line and across players in LINE 2. Once they have reached LINE 2 they leave the ball and carry on the run into the 18 yard box. As they arrive in the box they receive a cross from a server and look for a one-touch finish. The ball that is left in front of LINE 2 is played by a player in line to another server who lays it back for the player in LINE 2 to shoot. The player in LINE 1 joins the back of LINE 2 and player 2 joins the back of LINE 1.

**Objective:** To improve finishing - Taken from the book - A YEAR IN THE CHAMPIONSHIP - A COMPLETE SEASON OF TRAINING SESSIONS OF MILLWALL FC

**Coaching Points:**

1. Movement of players - Angle and timing of runs
2. Communication of players
3. Awareness
4. Quality of finish

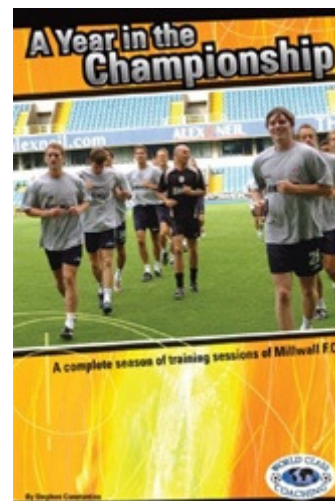
**Progression:**

1. Introduce another forward who supports players in LINE 1
2. Also cross and finish from the left side

# **This Finishing Practice was taken from the Book - "A Year in the Championship – A Complete Season of Training Sessions of Millwall FC"**

*A Year in the Championship* gives you a unique opportunity to review a season's worth of training sessions by an English Professional Team. The sessions are organized into chapters by topic such as: **Passing, Finishing, Team Play, Midfield Play, Wide Play, Defending and Fitness**. This allows you to use this book as a reference for planning day-to-day training sessions for your team in addition to giving you a taste of live in an English professional team.

More than **150 easy-to-read diagrams** illustrate the practices along with clear explanations of the important coaching points. This combination will enable you to use the practices with your team in a clear and effective way.



## **Buy your copy of the book**

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