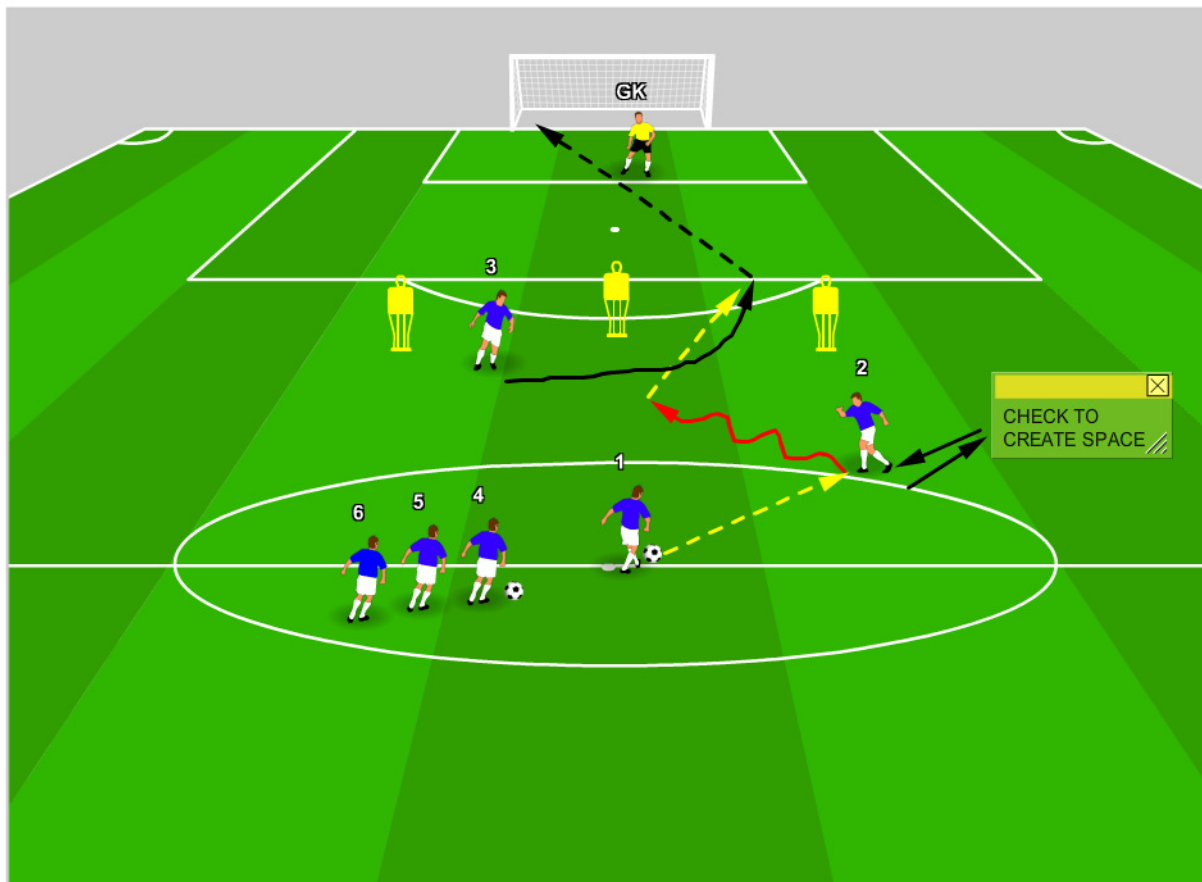


Forward Movement and Finishing on Goal



Date: 25 Aug 2010

Measurement: Half pitch

Time: -

Players: 7

Duration: -

Level/Age Group: 10+

Description: The midfielder player 2 must make an angled movement in order to receive a pass, player 2 must receive the ball side on and dribble towards the mannequin. Player 2 must look up whilst dribbling and make a through pass for the forward. The forward receives the pass in space and then shoots on goal. The forward is allowed complete freedom of movement. The coach should encourage the forwards to use their imagination.

Objective: Taken from book - TRAINING CREATIVE GOALSCORERS - 103 DRILLS TO IMPROVE YOUR TEAMS FINISHING ABILITY, by Michael Beal.

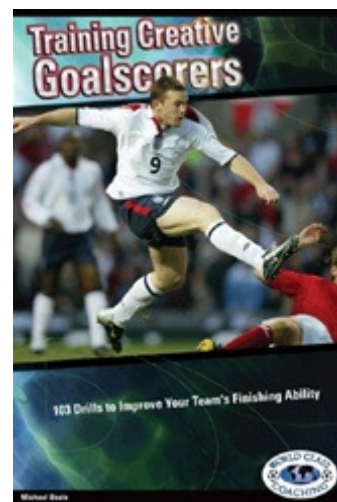
Coaching Points: 1. Midfielder, player 2 should check to create space before receiving the pass from player 3. 2. Player 2 should receive the pass at an angle and side on. 3. Player 2 should keep his head up whilst dribbling to see the best opportunity to pass. 4. The forward should look at curving his run, keeping outside. Its also very important to time his run well so the ball is just in front on him. 5. Strike on target and follow in on

Progression: 1. Introduce another forward
2. Players 1 can pass directly to the forward who can set back to the midfielder and go or take it on

This Finishing Practice was taken from the Book - "Training Creative Goalscorers – 103 Drills to Improve your Team's Finishing Ability"

The best goal scoring practices create an environment that requires your players to make decisions that are identical to those that are made in the game. Repeating this decision making process over and over in training makes it second nature and automatic when they face the same choice in a real game. The drills, exercises and games in *Training Creative Goalscorers* were designed with that in mind.

Michael Beale played professionally for Charlton Athletic and in Holland before pursuing his career in coaching. He earned the UEFA 'A' license and coached AFC Wimbledon U19's and Crystal Palace Ladies before joining Chelsea as the Academy Youth Development Officer.



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