



## Finishing

**Category:** Technical: Attacking skills  
**Skill:** U16 | Start Time: 04-Aug-2015 13:05h

Pro-Club: Canada's Women's Excel Program  
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### Screen 1 (10 mins)

#### Warm-up

Duration 10 minutes

Grid Size: Using the box from the thirds

Objective: Physical and Technical Activation

Organisation: 5 v 5 inside the area, one ball and two small goals

Detail: Throw it - Head it - Catch it and must score on a header



### Screen 2 (10 mins)

#### Finishing Circuit

Duration 10 minutes at each station

Objective: Repetition of different finishes. Off the dribble, first time off a lay off, on the half turn

Organisation: One group of 6 or 7 players at each station. The large goal has both goalkeepers and the two smaller goals have poles inside the post as a visual target, all players have a ball

Detail:

Station #1: player attacks the three poles set up like a small triangle and changes direction to finish.

Station #2: Player passes to striker and changes angle to support and receive a ball back to finish first time.

Station #3: Player passes to striker who has pulled away from mannequin on the half turn to set themselves to finish



### Screen 3 (10 mins)

#### Mini Game

Duration 20 minutes

Objective: players attacking goal to finish numbers up

Organisation:

Width just inside the 18, length end line to center circle

Red has three lines by their keeper on the endline

Blue has two lines by their keeper on the endline and two outside the grid at the half way

Balls in the blue keepers goal for start and reset

Detail:

Blue keeper starts by serving ball to other keeper who distributes to 3 entering red players. Two blue defenders enter and they play 3 v 2 to goal. If Blue win the ball or it is saved, the two blue plus two entering players at half attack the three red defenders in a 4 v 3.

If the red goalkeeper saves then the reset is back with the opposing keeper to start again.

