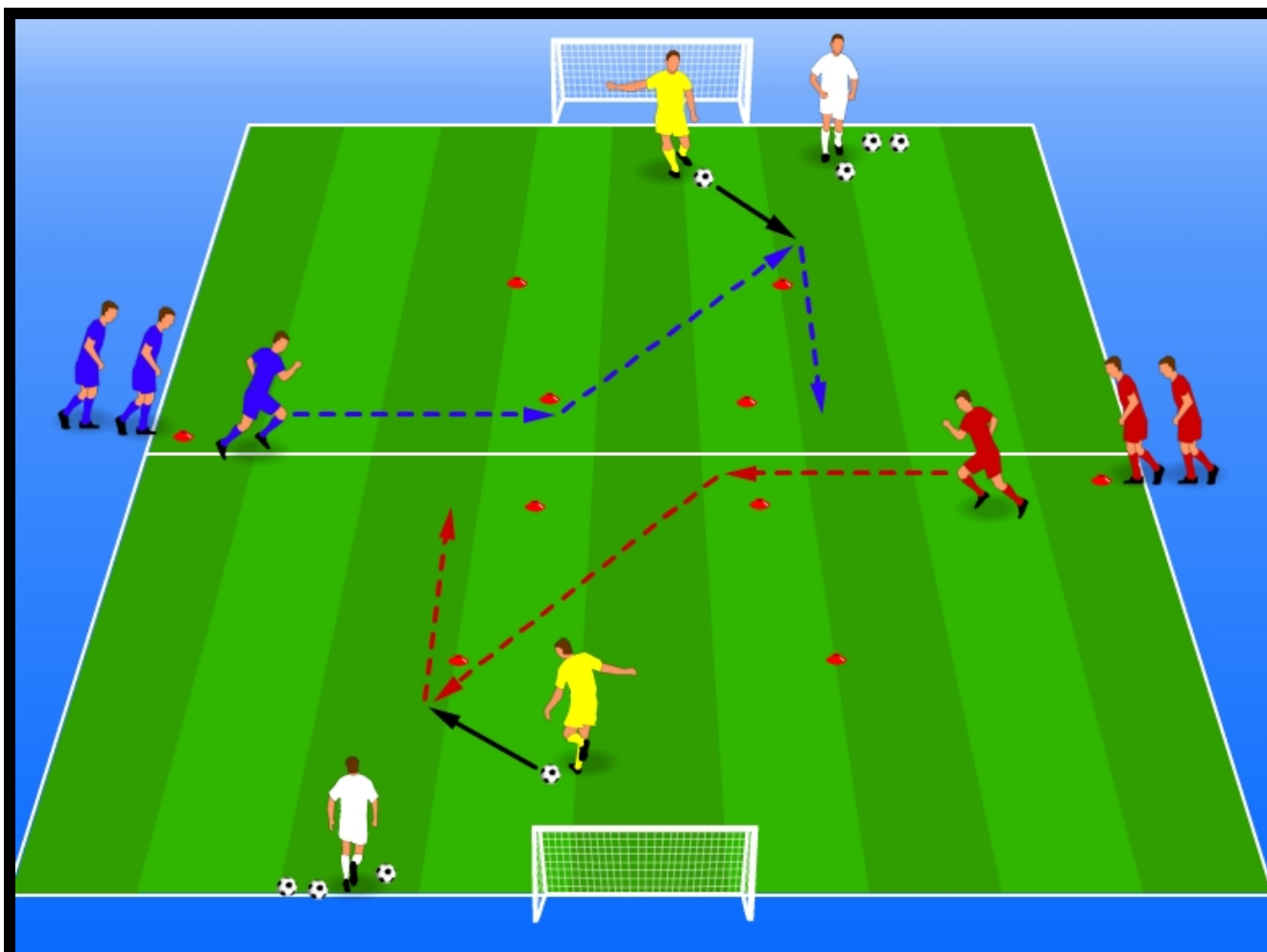


Finishing Race

Fundamental

Dribbling



Set Up: There are two teams of 3-5 players set up on the small field, with lines starting at midfield.

Procedure: The two teams line up at the cone near the midfield line. On the Coach's signal, the first player sprints thru the box (marked by the cones) and picks up a ball from the goalkeeper. The attackers turn up the field and carry the ball into the other half for a finish on goal. As soon as the shot is taken, the next player in line can begin his run. The first team to score three goals wins, and the teams play a best-out-of-five series.

Teaching Topics:

- 1 Speed dribbling.
- 2 Finishing.
- 3 Shooting.

Progressions:

- 1 Double pass with the goalkeeper, turn, and then run onto a thru pass.

Coaching Points:

- 1 Dribble with the instep, sprinting in between touches.
- 2 Dribble with your head up and deal with the goalkeeper.
- 3 Take your last dribble touch to the side to create a better shooting angle.