

# FINISHING UNDER PRESSURE

## TECHNIQUE:

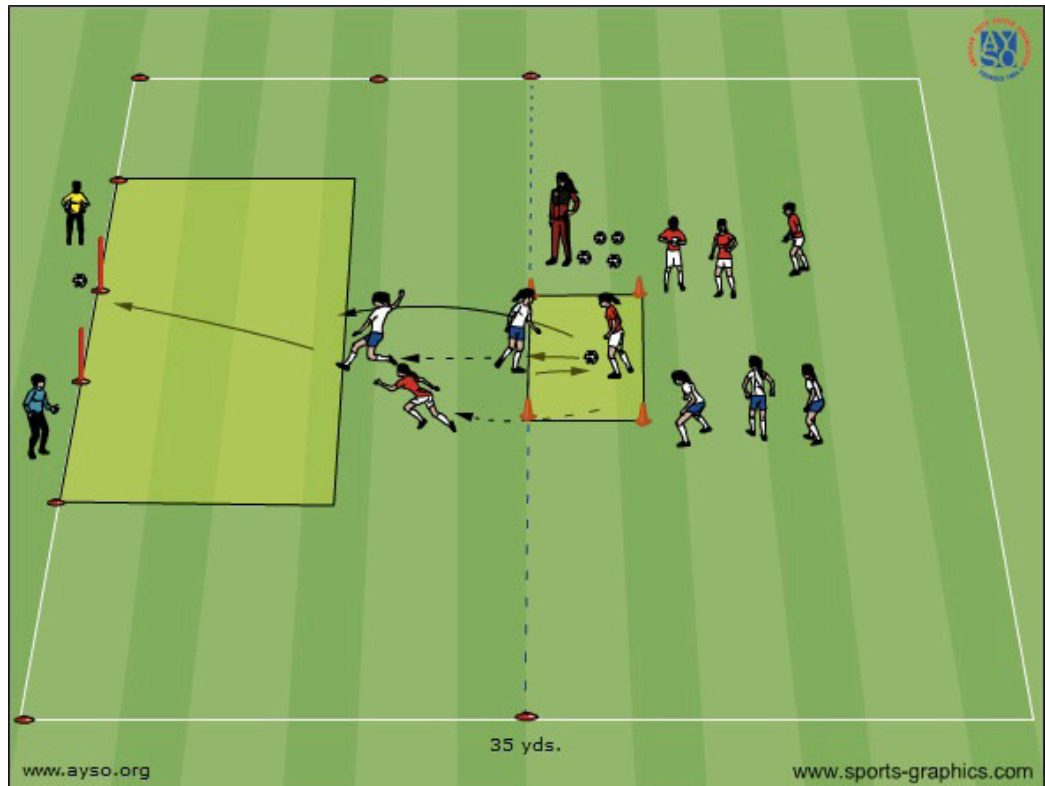
Finishing with Passive or Full Pressure

## EQUIPMENT/ ORGANIZATION:

Mark 5 x 5 square approximately 35 yards from goal. Two lines facing goal behind square. Open goal (to start).



To see this activity in action visit <http://bit.ly/10znE9K>



## HOW THE GAME IS PLAYED

- Two players enter square. Player one stands with back to goal (attacker); player two stands facing goal on opposite side of the square (defender).
- Players start inside of foot passing (two touch).
- The defender (player two) will then play a pass either side of the attacker into the space behind.
- The attacker (player one) then turns and sprints to the ball and has a strike on goal using instep kick (either one or two touch).
- Player two, once they have passed the ball into space then becomes an active defender, chasing the attacker, putting pressure on their strike on goal.

## VARIATIONS/ PROGRESSIONS

- Vary pressure. Passive to full.
- Condition striker's touch and shooting (one touch, two touch, left foot, right foot).
- Section off goal with cones (two yards from posts for low strikes to corners).
- Add goalkeepers (have assistant work with goalkeepers).
- 1 v 1. Add another opponent (player three). Players line up in triangle. Player two becomes server (does not defend). Ball is served and the two attackers will now battle for the ball to get a strike on goal. The challenge is for the strikers to maintain control, create space and get a strike on goal.
- Vary the starting position of strikers (kneeling, lying down, etc).
- Coach becomes server and varies the serves (volleys, bouncing balls, close to the goalkeeper, etc).
- 2 v 1. The player who is at the top of the triangle becomes an additional attacker for player who has possession. (Player plays ball through for two attackers, then joins the group to create 2 v 1.)

## COACHING POINTS

- Concentration, awareness and reaction to win the initial ball.
- Awareness (defender, goalkeeper's position).
- Shooting technique (instep drive, inside of foot kick to place shot).
- Competition, determination, confidence, composure.
- Physical conditioning.