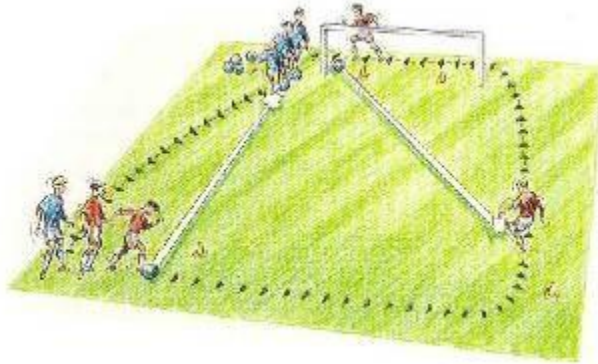


FINISHING	Exercise 1	
	<p><u>Setup</u></p> <p>Players divided into two groups of up to six players each.</p> <p>One group (the attackers) 12 yards from the goal; the other group (the passers) by the goal post with a supply of balls.</p> <p>One goal with the goalkeeper.</p> <p><u>Action</u></p> <p>The leadoff passer plays the ball to the lead attacker and sprints to the end of the attacking line.</p> <p>The lead attacker shoots then sprints to the end of the passers' line, and the next player repeats the sequence.</p>	<p><u>Tips</u></p> <p>Use this exercise for younger players.</p> <p>Start with two-touch, then progress to first-touch shooting.</p> <p>Remind players that accuracy is more important than power.</p> <p>Tell players to look up before shooting.</p> <p>Encourage players to sprint hard after each pass or shot.</p>

Exercise 2



Tips

Use this exercise for younger players.

Encourage the attacking player to receive and set off with the ball in on motion without stopping it.

If a player is having accuracy problems, be sure she/he is pointing his/her non-kicking foot at the target.

Players can add a move used in the Coerver Coaching program as they run across the goal mouth.

Tell players to look up before shooting.

Reverse starting positions to encourage opposite foot shooting.

Setup

A cone is placed two or three feet inside each goal post to create near and far-post goals.

Two more cones are placed about 15 yards from the goal.

Players are divided into two groups of up to six players each.

One group (the passers) by the goal post with a supply of balls. The other group (the attackers) opposite them and 15 yards away.

Action

The leadoff passer plays the ball to the lead attacker and sprints to join the attackers' line.

The lead attacker dribbles across the goal mouth to the other cone and shoots to the for-post goal.

The attacker then sprints around the back of the goal and to the back of the passers' line.

Variation: Remove cones from the goal and add a goalkeeper. Give players the choice of shooting to the near or far post.

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Exercise 3

Setup

A 30- by 30-yard area with two goals. (Use portable goals, cones or flags.)

Two groups of up to six players each line up at opposite corners.

A goalkeeper in each goal.

Action

The lead players sprint to cones A and B, make a move and then shoot.

Then the shooters play wall passes with the next players in the opposite groups and join the line.

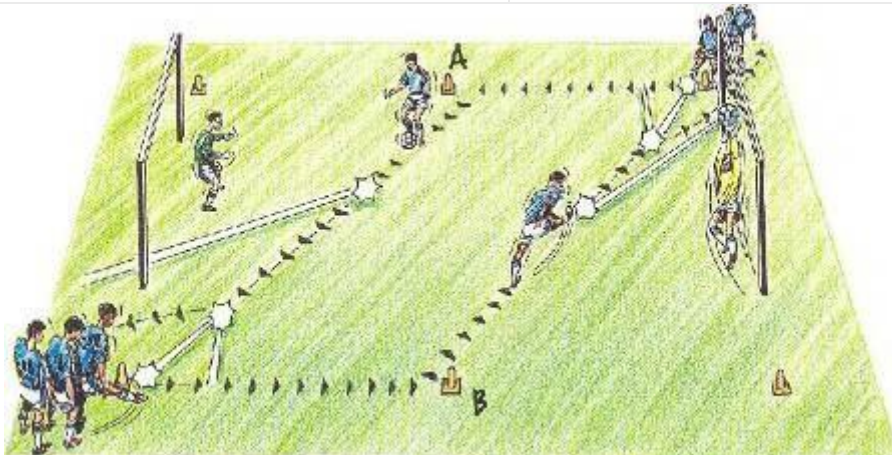
The receiving players repeat the sequence.

Tips

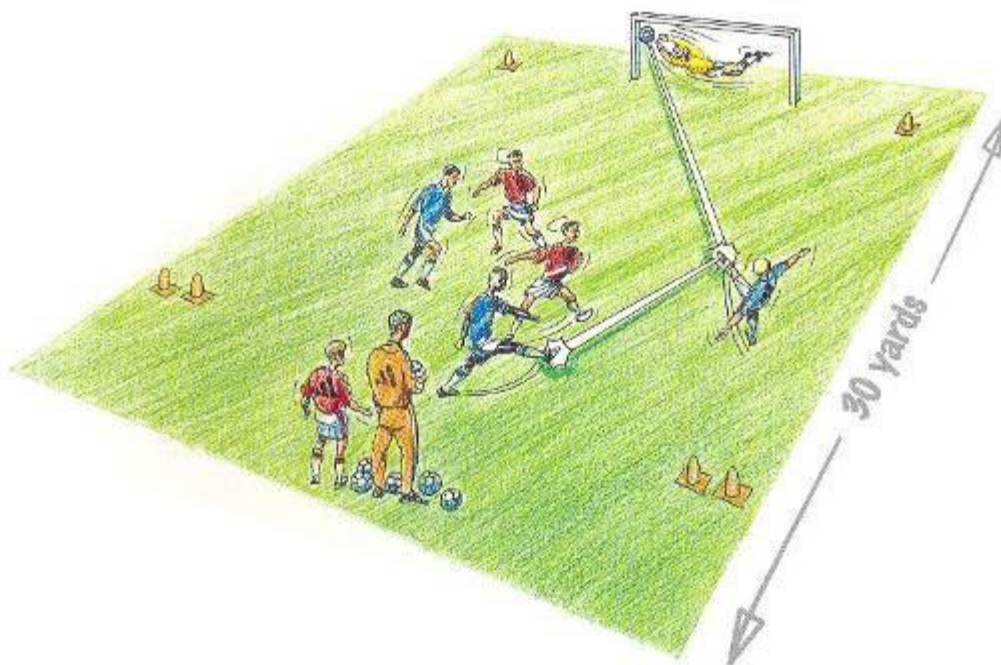
Remind players to look up before they shoot.

Have players aim for the corners.

Remind players to follow their shots in case there is a rebound.



Exercise 4



Tips

Advise attackers to try to spread defenders by good movement off the ball.

Point out that a high percentage of goals are scored by being ready for follow-up shots.

Point out that the reason for the two small goals is to encourage the defenders to be accurate and creative in their passing when they win the ball.

Setup

A 30-by 35-yard area.

A goal at one end and two 2-yard-wide goals at the other end.

A keeper in the large goal.

Coach at the edge of the area with a supply of balls.

Action

This is a 3 v 2 exercise. The coach starts by designating three attackers and two defenders. He then plays in the first ball.

Attackers attempt to score at the large goal; defenders counter at the small goals.

As soon as a goal is scored or the ball goes out the area, play in another ball.

After 12 to 15 balls have been played in, not the number of goals scored.; then switch the attacking and defending teams.

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Exercise 5

Setup

A 25- by 30-yard area.

One large goal with a keeper and two small goals as shown.

Two groups of players, one by the large goal (defenders), each with a ball.

The second group (attackers) 25 yards out between the small goals.

Action

The lead defender passes to the attacker opposite and then defends.

Upon winning the ball, the defender may counterattack to the small goals.

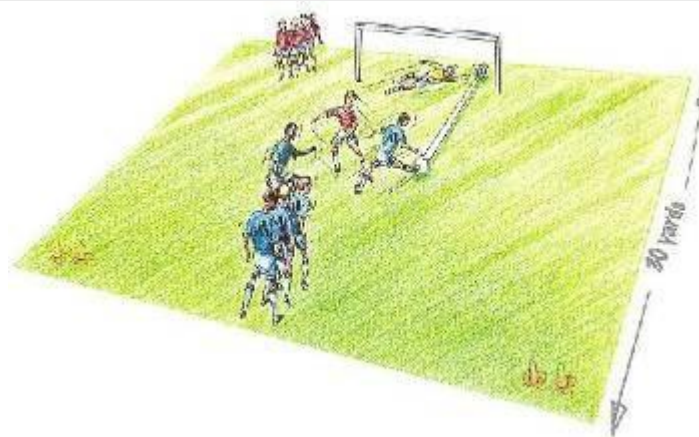
You may vary the combinations by adding a second defender and/or a second attacker.

Defenders and attackers change lines and switch roles so that all players learn both attacking and defending skills.

Tips

Tell players to use move the Coerver Coaching program to create enough space to shoot.

Remind players that the few touches they take after having created space, the less likely it is for their shots to be blocked.



Exercise 6



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Tips

This game is recommended for older players.

Remind players to help each other by shooting "man on" or "shoot".

Advise players not to hesitate when they have an opportunity to shoot.

Setup

A 40- by 60-yard area.

A Coerver goal in the middle. (You may use two regular goals, back to back).

Two teams of five or six players each, a neutral goal keeper in front of each goal.

A 6-yard area in front of each goal marked with cones.

Action

Play a ball in. Each team tries to score as players roam the entire area.

Goals can be scored in either goal, but cannot be scored from an opponent's pass.

Allow only one touch (a pass or shot) inside the 6-yard area.

Exercise 7

Setup

A 30- by 30-yard (or the penalty area).

Four or more teams of three players each; only two team in the area at one time. Use bibs or pinneys.

One goalkeeper. (If you have more than one goalkeeper, they can alternate.)

Coach at the edge of the area with a supply of balls.

Action

The coach plays the ball in from outside the area.

The team that scores stays on; the losing team is replaced by the next team in line. If the ball goes out or the goalkeeper catches it, the coach plays another ball in quickly.

The goalkeeper should toss saved balls into the back of the goal so play is not interrupted.

Vary where you server the ball from. Start the action from the sides, facing the goal or behind the goal.

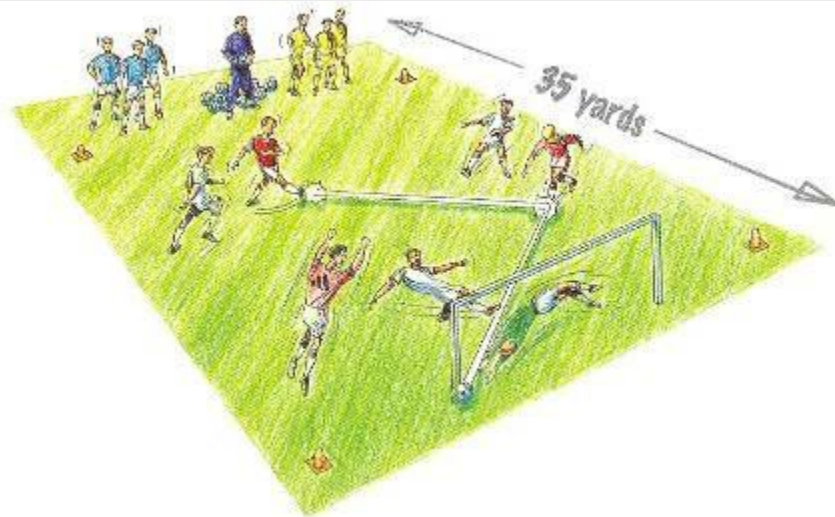
Caution players against making challenges on the goalkeeper.

Tips

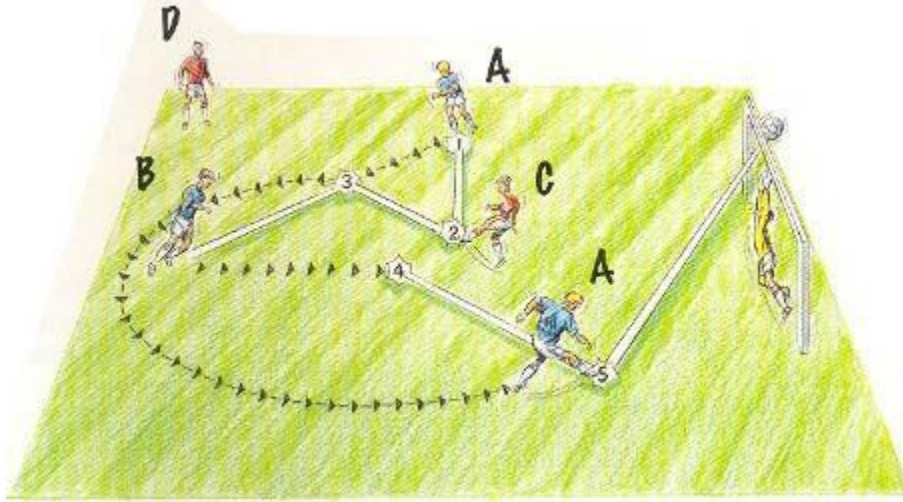
Tell players that scoring goals in the penalty area is about quick instincts and concentration. Players should be ready for the balls played in by the coach.

If there is an assistant coach, he/she may play in goal.

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Exercise B



Tips

The first three passes should be first-touch.

The attacker with the ball should attack the defender directly to hold or freeze him/her in the middle and leave space on the flank for the overlayer.

Players can practice their defensive skills in this exercise.

Setup

A 25- by 35-yard area in front of a goal with goalkeeper.

Two attackers (A and B) and one defender (C) in the area.

Action

Attacker A plays a one-two pass with defender C then passes first-touch to attacker B and overlaps attacker B.

Attacker B attacks defender C directly with the ball and can pass to the overlapping attacker A or can go it alone and shoot.

Defender C plays full-pressure defense.

Players change roles after each sequence.

Option: Add a trailing defender (D) as indicated. Defender D starts level with attacker B and is live when attacker B touches the ball. The coach can adjust the position of defender D for maximum competition.

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Exercise 9

Setup

A 30- by 40- yard area.

A goal and a goalkeeper at each end.

Four teams of two with different color pinneys or bibs.

Coach with a supply of balls at midfield.

Action

The coach throws in a ball at the beginning of the game, after a goal is scored, or when the ball goes out of play. The teams try to score in either goal.

Players can score from anywhere on the field.

When a team scores the number of goals allotted by the coach, it rests. The remaining teams continue to determine the next two winners.

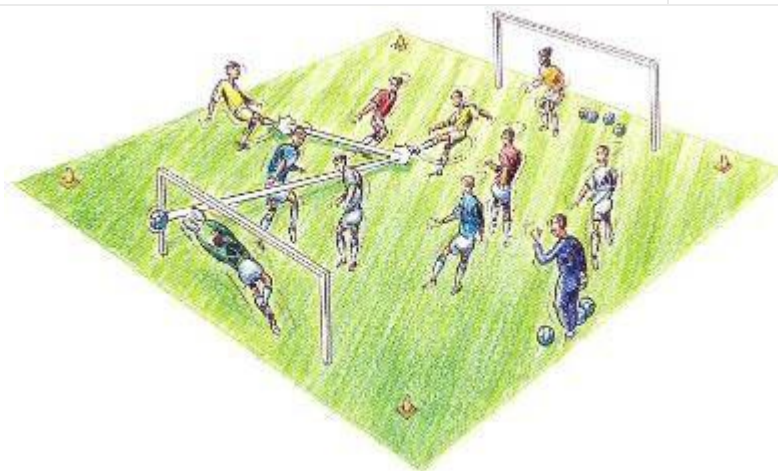
The losing team is eliminated and the three winning teams return to start a new game, scores beginning again at zero.

The game continues until a second team is eliminated. The last two teams play a final game and the first to score the allotted number of goal wins.

Tips

Advise players to follow all shots because many goals come from rebounds.

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Exercise 1D



Tips

Players need to be quick but in control of the ball.

Setup

Two or three teams of up to five players each.

Flags and six cones in a line for each group in front of a large goal.

The first cone 10 to 12 yards from the goal line. All cones 3 yards apart from each other, except for cones 3 and 4, which are 10 yards apart.

A ball just before the fourth cone of each lane.

Action

This is a race to see who scores first. The leadoff player of each team dribbles around the first three cones, steps on his ball, leaves it and resumes dribbling with the ball at cone no. 4.

After dribbling through the remaining cones and around the flag, the player repeats the exercise in reverse and then shoots. If a player touches any of the cones while dribbling, he/she must stop and do three push-ups.

This is a team race; the player who hits the net first gets a point. The team with the most points wins.

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