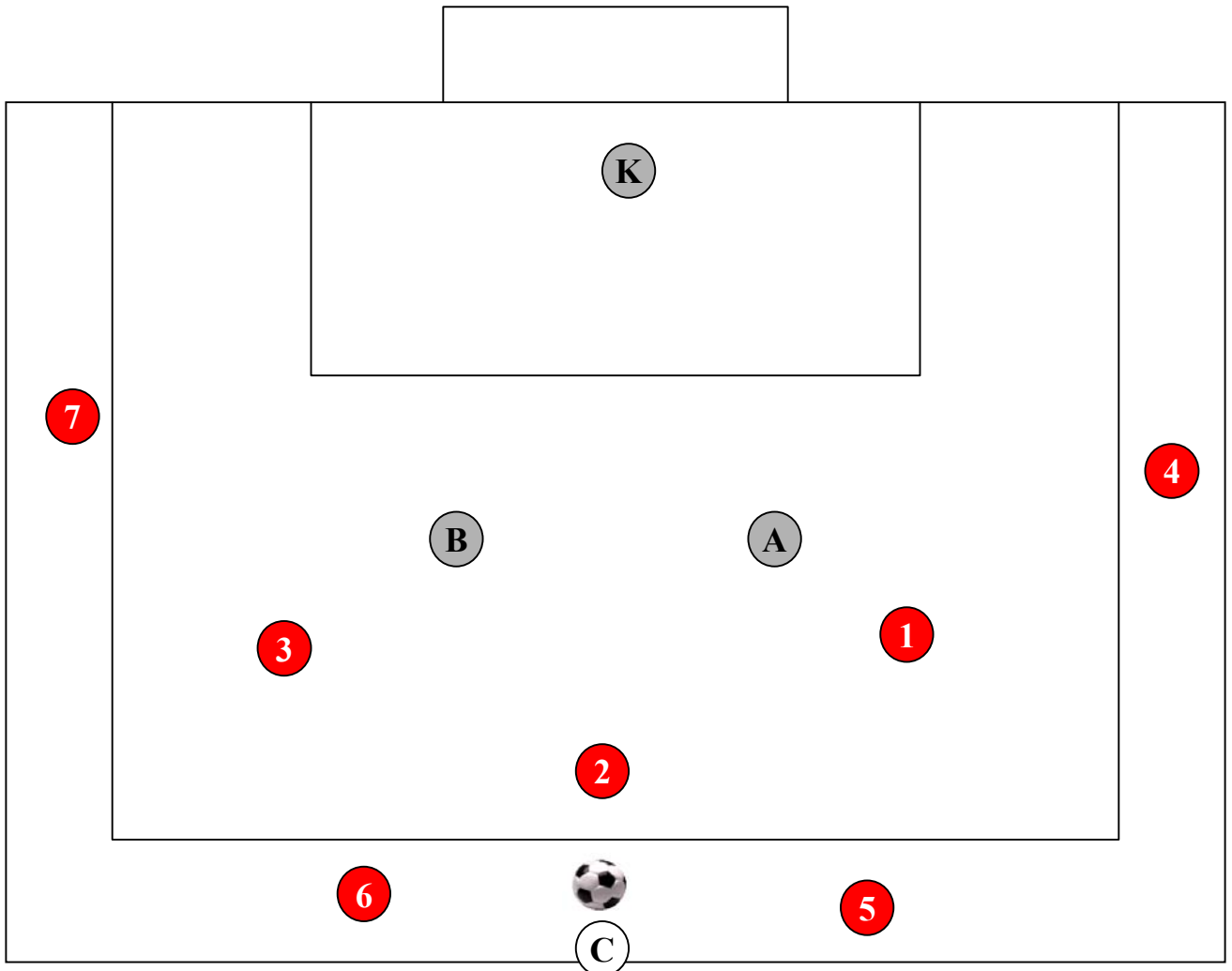
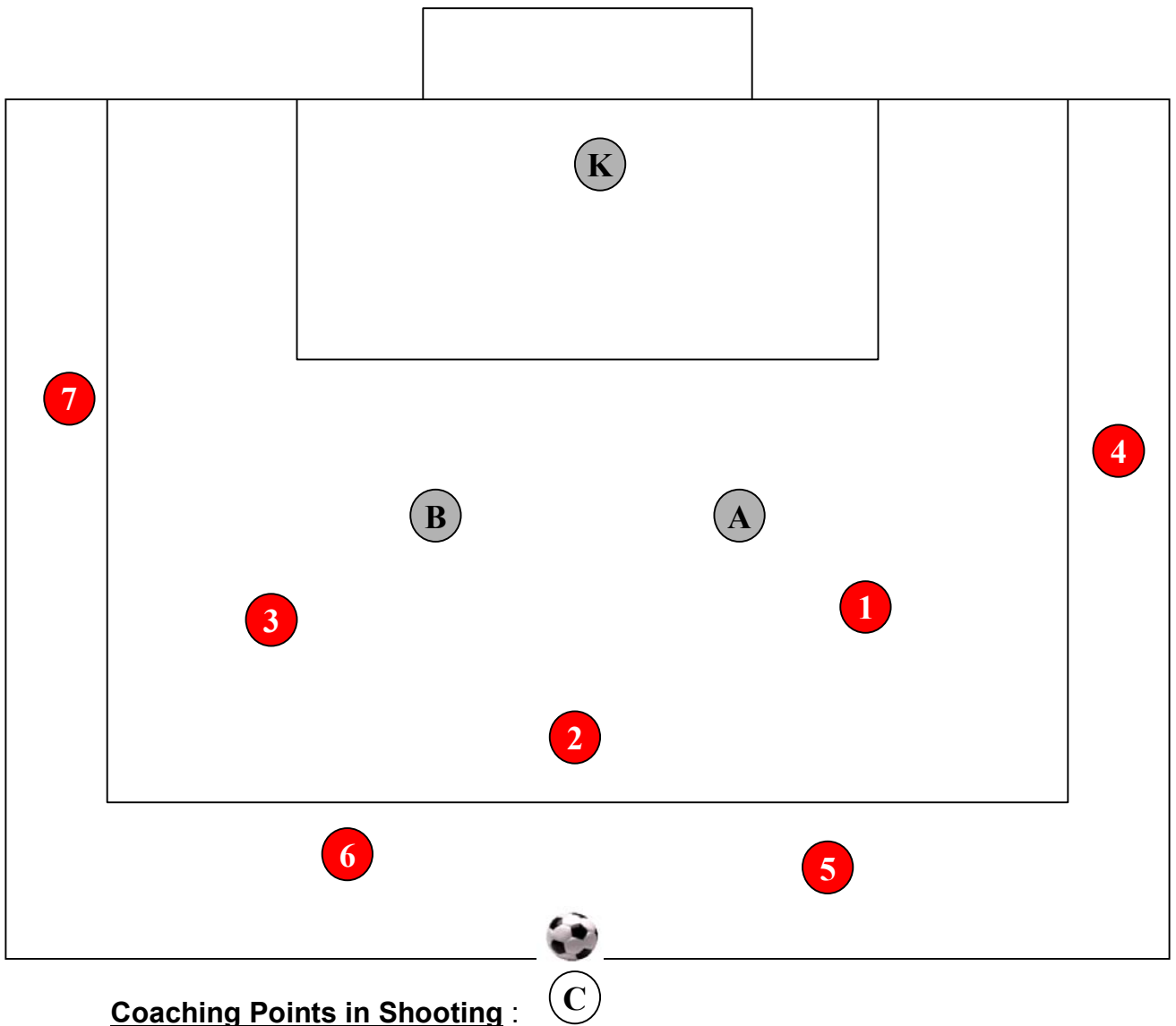


FUNCTIONAL WORK : FINISHING IN AND AROUND THE BOX.



1. This is a Functional practice, 3 v 2 with support players involving **Receiving, Turning, Dribbling** and **Shooting**. First priority of the striker is “**Can I shoot ?**” Composure in the box is the key factor, defenders don’t want to concede a penalty so strikers have more time than they realize.
2. No conditions to start but support players stay outside the box. Defenders win the ball they play to the coach or just clear it to outside players. Start again with a new ball to the strikers. Strikers try to receive the ball at an **angle** so they are **half turned** and facing the goal so they can get a quick shot in. Others take up positions off this for rebounds etc.
3. Outside players can be passing a ball around between each other to keep active and when the play is finished inside the box whoever is on the second ball passes it in to restart. Looking for quick shots, working off rebounds, combination work, 1 – 2’s, quick movement to create space, support play.
4. **Develop** Work transition of movement, as above (1) passes to (5) and switches position. Have both teams attack the same goal when they get possession etc you can develop it any way you want.

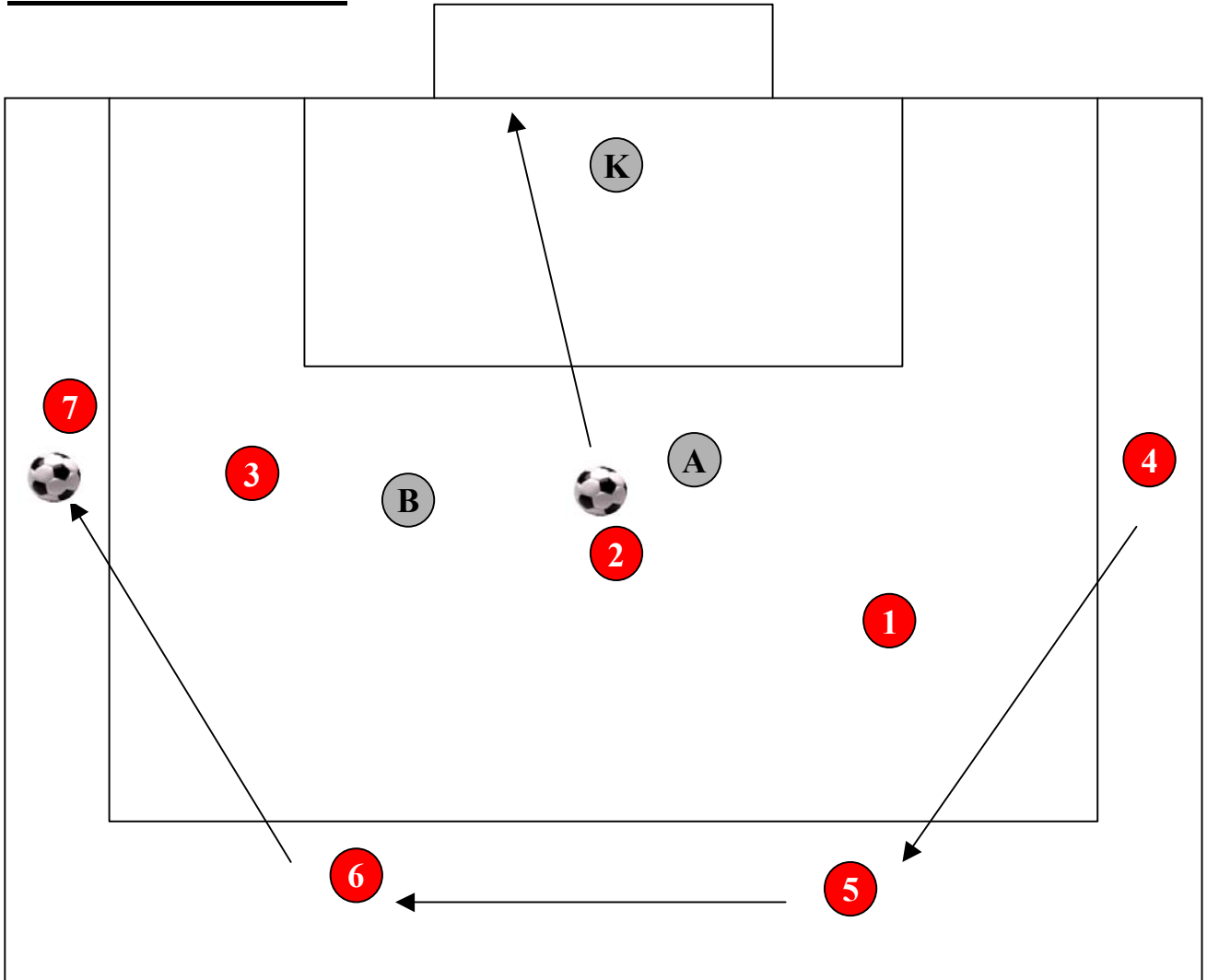
COACHING POINTS IN SHOOTING AND FINISHING



Coaching Points in Shooting :

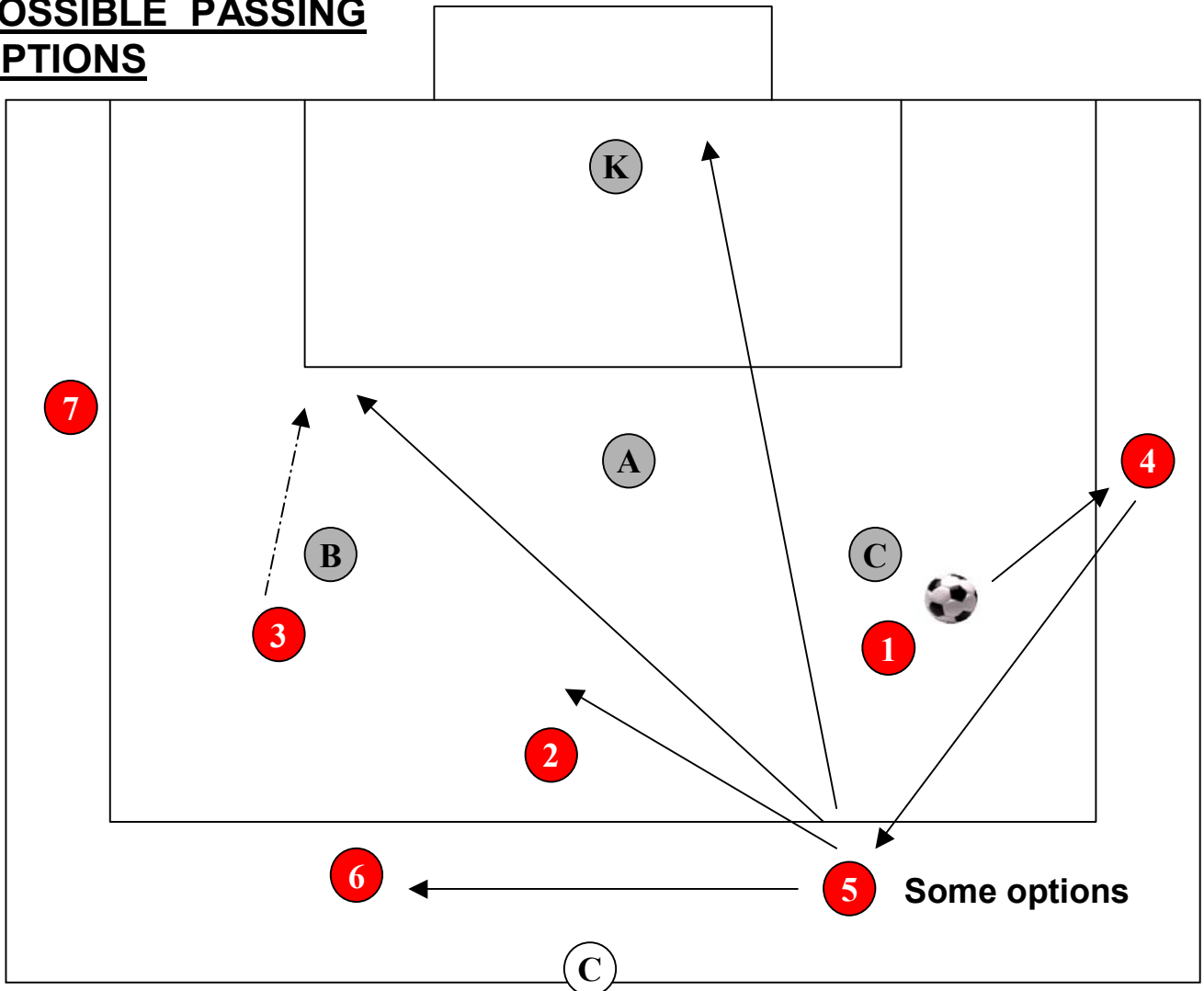
- a) **Positive Attitude** to shoot, quick shooting.
- b) **Receive** on the **Half Turn** if possible (create space for yourself), take the chance.
- c) **Accuracy and Power** (accuracy first). Be composed.
- d) **Shooting High or Low** (low best because its more difficult for the keeper to save).
- e) **Selection of Shot** (driven, chip, side foot, swerve etc). You can use **defenders** to shoot around for placement. Check **keepers position** (if time!).
- f) **Near Post or Far Post** (can depend on keepers position, also if you shot and miss at the near post the ball is out of play, if shooting at the far post and it's missing, the keeper may palm it to a striker following up, a striker may intercept it on its way and score, (it may hit a defender and go in off them).
- g) **Rebounds** (follow all shots in).

THINKING AHEAD



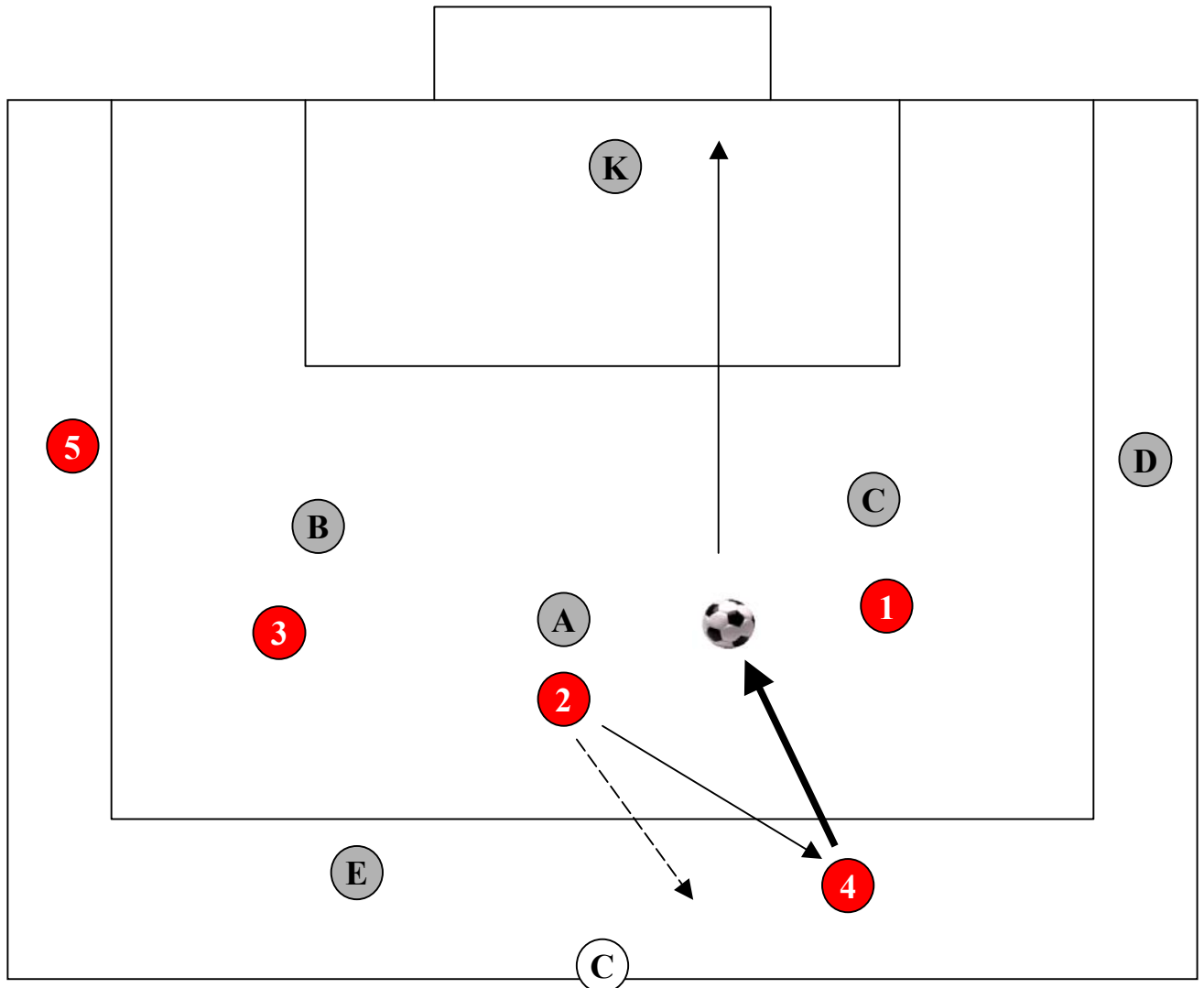
1. The shot has been taken and a goal scored, at the same time the outside support players are passing the next ball around keeping active ready to pass into the box to begin the next play. As soon as the first play is finished the second play begins from where the second ball is, at that particular time. Players must be ready to begin the next play.
2. This session where two balls are involved helps the players observation and concentration. The players inside the box need to be aware that only three of four outside players are available at any one time to support, also once the play is over they must tune in quickly to the next one and be able to see quickly where the next ball is coming from and take up their positions accordingly.
3. The outside players must be able to recognize when they need to support an inside player when the outside ball is played to them and when it needs to be played in for the next play. Lots of decisions to be made all leading to quick thinking and observation away from the ball as well as on the ball. (Wayne Harrison)

POSSIBLE PASSING OPTIONS



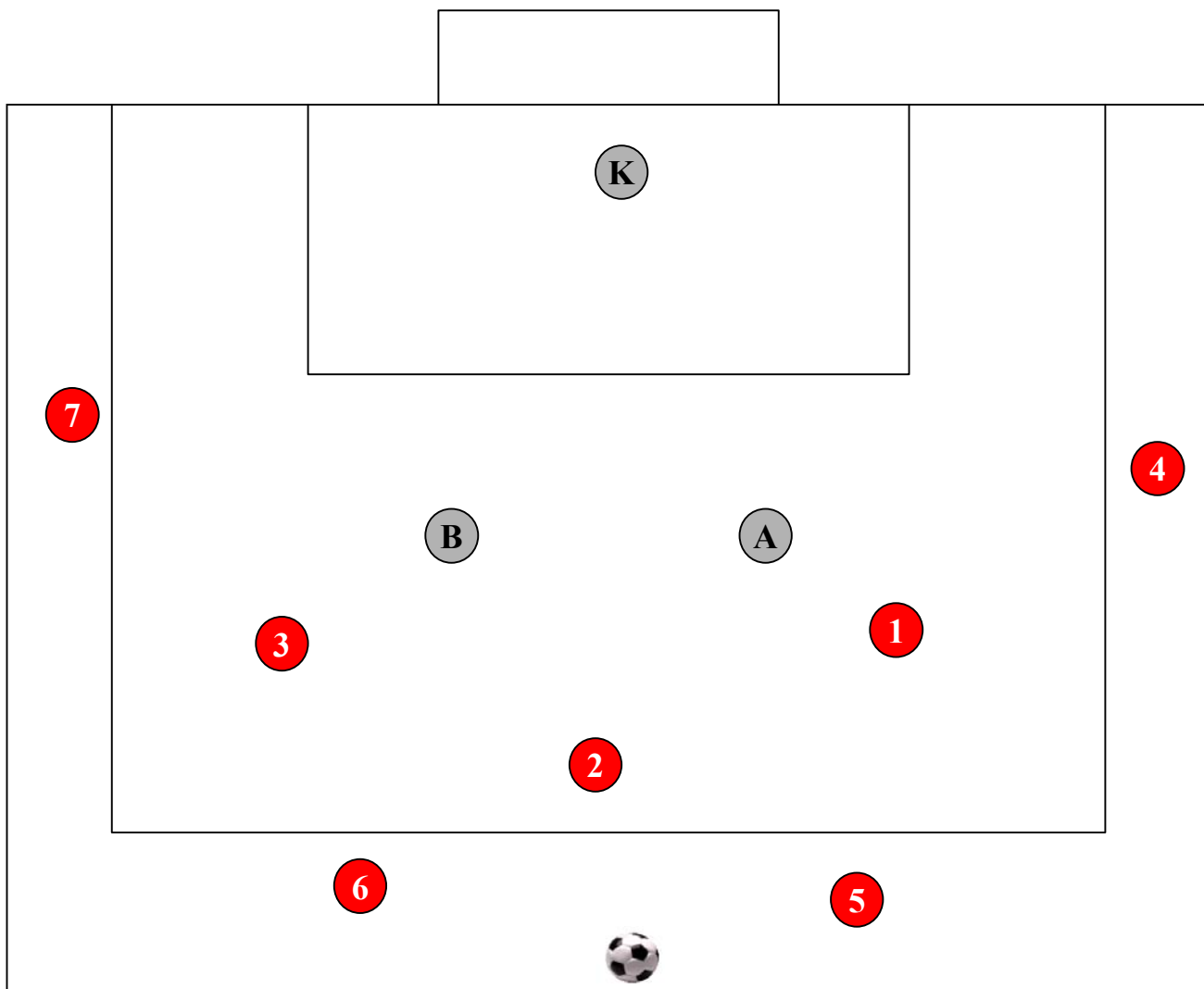
1. **Develop** – **Support** players on receiving can **pass** to other support players to change the direction of the attack, they can also **shoot** directly at goal and strikers work their positions off this, again for possible rebounds.
2. As you gain success in a 3 v 2 situation even with one and two touch conditions then bring another defender in and play **3 v 3**. Rotate players regularly to ensure quality as this session can be tiring. Introduce **offside**, this helps defenders and makes strikers have to time their runs and support positions (You can work on your defenders to improve them in this session).
3. 3 v 3 but **either** team can score if they get possession for example if you only had attacking players at your session and you wanted them all to work on finishing. Server calls team name out who they'll pass to, they adjust positions to receive, the other team adjust to stop them and regain possession. **Develop** – Support players have a **ball each** and are numbered off and the coach calls a number of a server, players react off it. Thinking processes are, remembering where the ball is coming from and what to do when you have the ball or the opposition have it; quick **decision** making. (Wayne Harrison)

MAKING TRANSITIONS AND SWITCHING POSITIONS



1. 3 v 3 game but **both** teams have the chance to score a goal. The coach serves the ball in to each team **alternately** so they know if they have to **create space** or **mark up**. They can use the outside players as support but only their own teammates. Both teams can attack and both teams can defend hence constant **transitions** from defense to attack and attack to defense. The three moments in the game now come into play; when **we** have the ball, when **they** have the ball and when the ball **changes** hands. This play is good for quick decision making because of the constant transition. Server passes alternately telling players first so each team knows how to position (defensive or attacking positioning).
2. **Develop** – **Outside** players can **shoot** for themselves and develop the idea of **switching positions** from the outside to inside and visa versa, where, when the pass is made eg from (2) to (4), the players **switch** positions one going out the other coming into play to link up with the other inside players. (4) may come into a good position to shoot at goal. This is particularly good because the switching movement happens in a game but also from a coaching point of view it keeps everyone involved in the game.

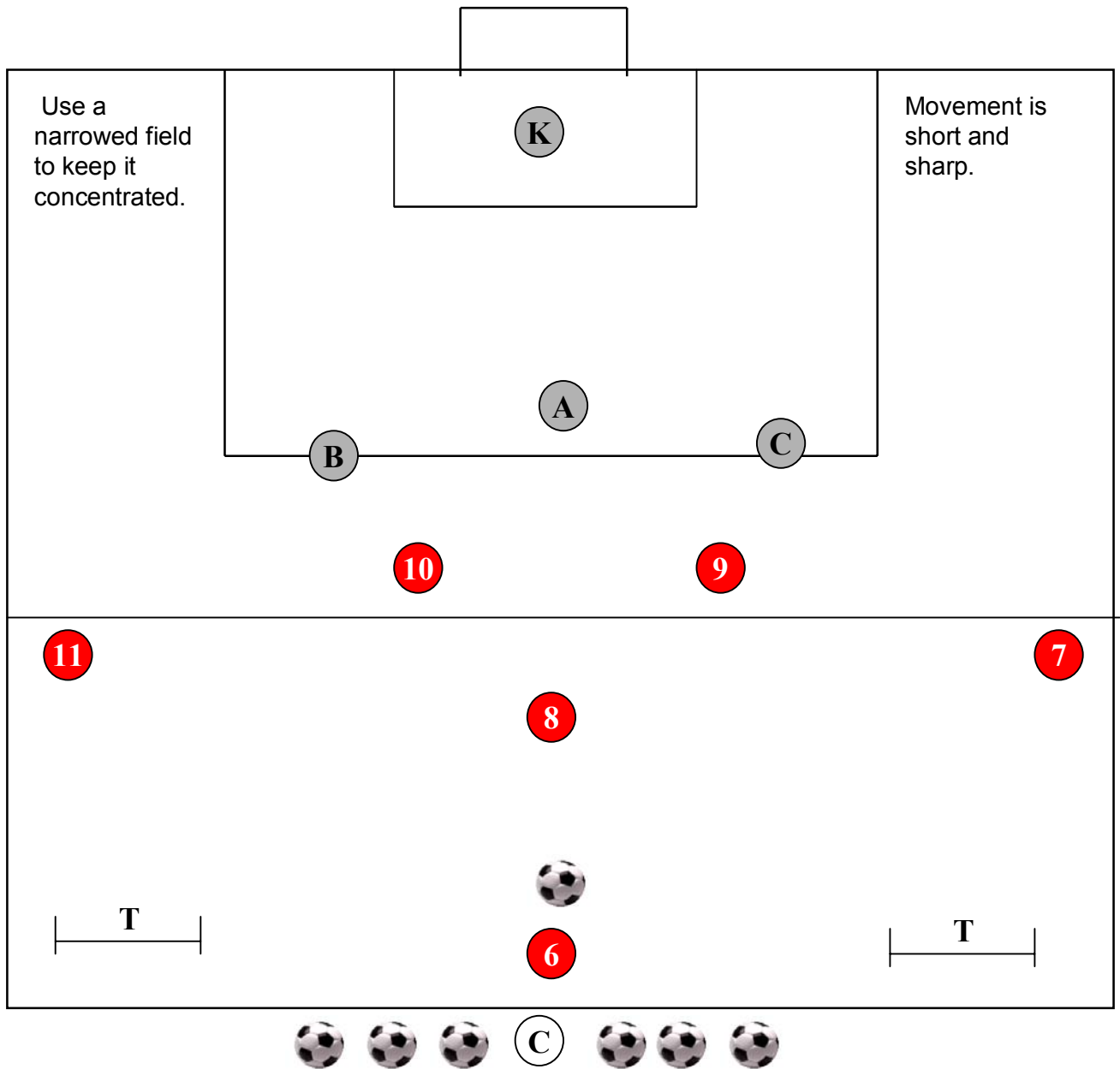
FUNCTIONAL WORK : FINISHING IN AND AROUND THE BOX.



Overview

1. 3 v 2, 2 v 2, 3 v 3, vary depending on success. Vary number of touches on the ball.
2. Outside players can pass another ball whilst action is inside (two balls working).
3. Have both teams attacking the goal, emphasizes transition changing of possession. Outside players can pass to each other and also shoot for goal (support the strikers).
4. Outside players transition positions with inside players on receiving a pass from them. Bring in outside players so eg 4 v 4 or 5 v 5 inside the box, intensive work, good for seeing who can make quick decisions, who has good control of the ball etc.
5. Position players inside the box, two strikers centrally and two players wide and supporting midfielder inside the edge of the box centrally for lay offs so they are working from a shape.

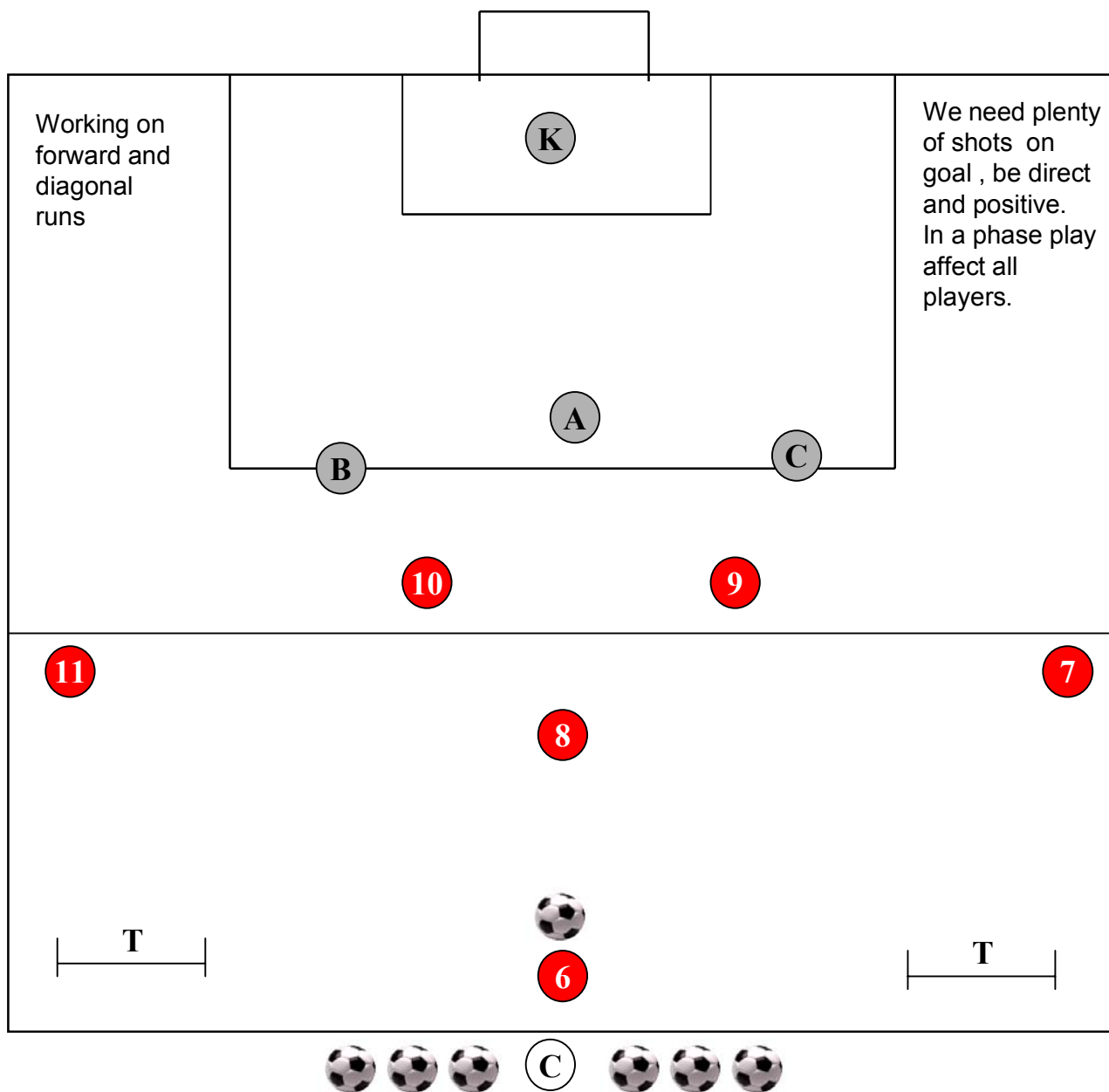
DEVELOPING A PHASE PLAY FROM A FUNCTIONAL PRACTICE



1. Initially do a phase play without opposition to work on some moves freely , put cones down where players should position to begin their runs. Work on the movement of each striker in turn. Once they get the idea introduce opposition.
2. Introduce three support players join in so 6 v 3 situation. Open the field up. Have two wide and one deep with three in and around the box. Keep the overload on till you get repeated success and the players gain confidence then bring in more defenders. If defenders win the ball they can pass to the target goals or the coach and the play begins again.
3. Play offside from the line in front of the box. Defenders have a line to focus on as to how far they can push out as they've cleared the ball to reorganize.

(Wayne Harrison)

COACHING POINTS FOR QUICK PLAY IN AND AROUND THE BOX



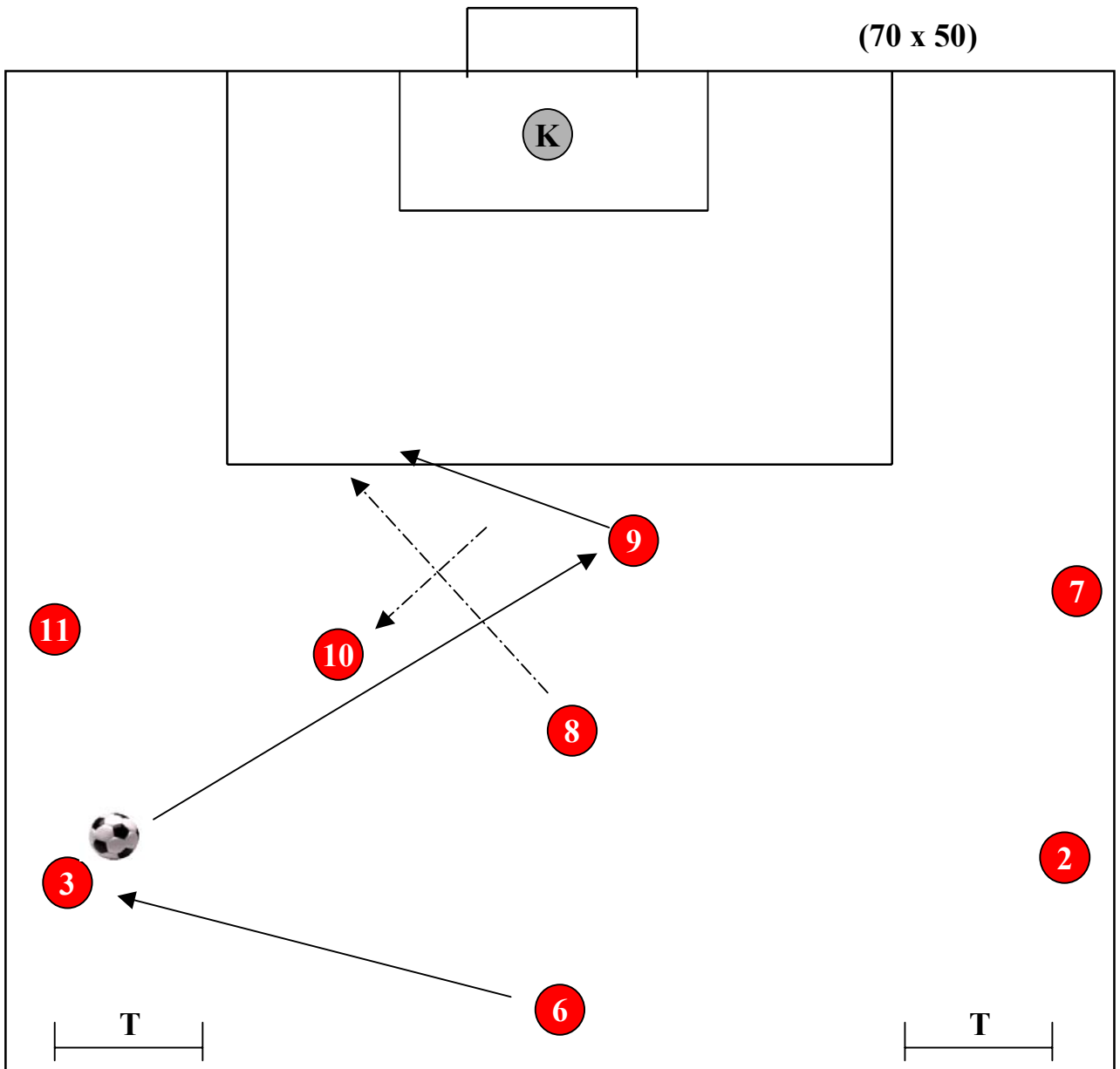
1. Coaching Points

- Positive Attitude to pass to strikers.
- Space Created – spread out. defender.
- Timing of the Runs.
- Quality of the Pass.
- Quick one / two touch play if possible.
- Support Positions in front and behind.

2. Key Factors

- Play to strikers then wide players.
- Passing to feet and away from
- Wide players open up channels.
- Work angled passes.
- Think opposites.

MOVEMENT OF STRIKERS AND SUPPORTING PLAYERS



1. Introduce full backs and have delivery from wide areas also. Again initially have a shadow play to help the players develop their movement then introduce opposition.
2. Options a) (10) receives and turns to shoot or lays the ball off for (8) to shoot, or (11) to cross.
 - b) See above - (10) goes short dummies the pass that runs to (9), (8) runs into space to receive from (9). Or (10) can spin and receive directly from (9).
 - c) (9) receives and turns and gets a shot in on goal.
 - d) (9) receives and lays off for (8) to shoot on goal.
 - e) Work both sides of the field.

(Wayne Harrison)