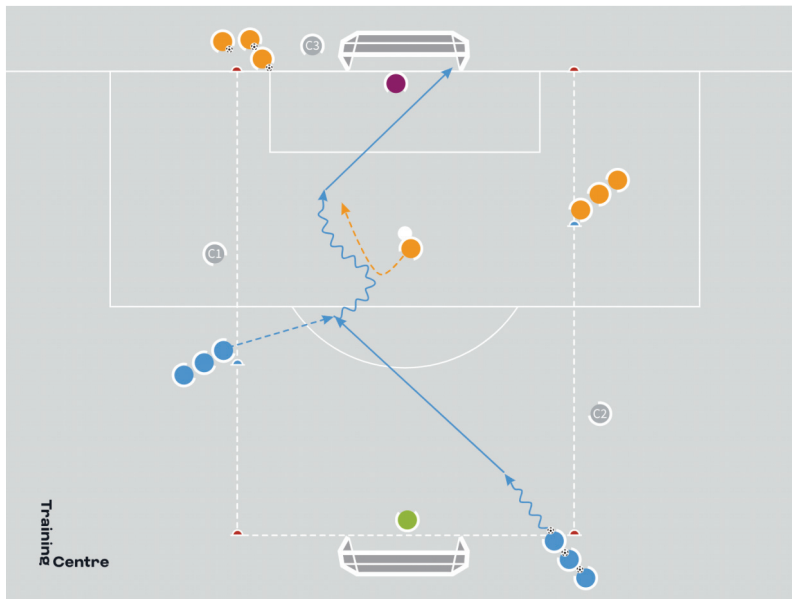


FIFA Talent Coach Programme

Finishing: Dribbling past the defender and scoring



Organisation

- Mark out a 35x25m area with a full-size goal and a goalkeeper at either end.
- Split the players into 2 teams of 6.
- Position 3 blue players to the right of one goal and 3 orange players to the right of the other.
- Position another 3 players from each team on either side of the pitch – the opposite side to where their team-mates are positioned by the goal.

Explanation

- 1 orange player positions themselves in the middle of the pitch.
- The first blue player at the side of the pitch makes a diagonal run toward the orange defender in the middle.
- The first blue player to the right of the goal plays a firm diagonal pass into the path of the blue player making the run.
- The blue player making the run must try to beat the orange defender and score. The orange defender must try to stop them.
- Once a shot has been taken or a goal scored, the orange team initiate the next 1v1 sequence and the blue player who passed the ball becomes the defender.

Key coaching points

- Attacking players should be encouraged to perform different types of directional controls and feints to beat the defender.
- Beating the defender with a directional control and open body position: players should try to draw in the defender by dropping their shoulder and feinting to receive inside before orientating their first touch with their back foot forward into the open space.
- Beating the defender by meeting the pass on the move with a well-timed run and a directional control forward: attackers should also look to meet the ball, without breaking stride, using their momentum to beat with the defender with a first touch forward.
- Feinting to receive wide before driving inside to meet the ball can help create separation with the defender.

Roles of coaches

- First coach – explains the rules and objective of the exercise whilst encouraging players to be brave on the ball.
- Second coach – observes and offers occasional encouragement to the players.
- Third coach – stays behind one of the goals and helps provide balls.