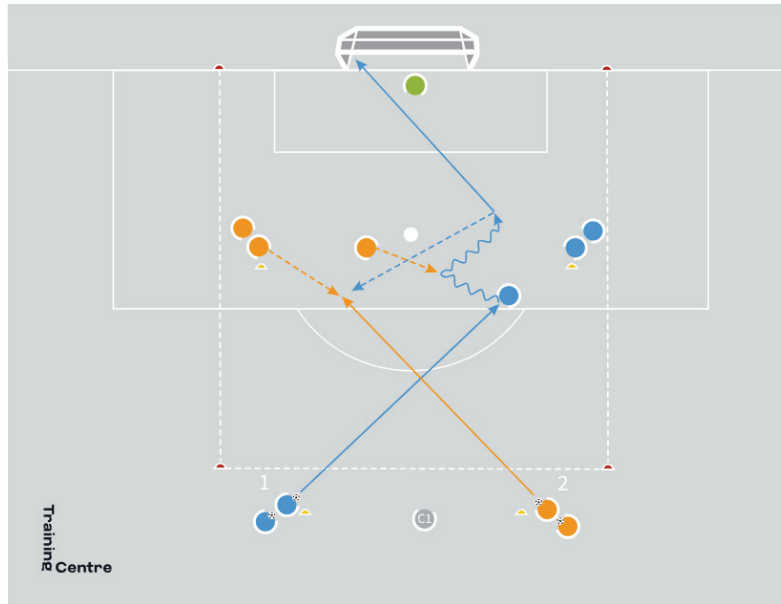


FIFA Talent Coach Programme

1v1 finishing: Beating the defender and score



Organisation

- Mark out a 30m x 30m exercise area.
- Position a full-size goal at 1 end of the exercise area.
- Place a goalkeeper in the goal.
- Split the group into 2 teams of 5 (oranges and blues).
- Position a cone a few metres inside the penalty area and on either side of the goalposts.
- Place 3 blue players at the right-hand cone and 3 orange players at the left-hand cone.
- Lay a second pair of cones (marked 1 and 2 in the graphic above) just beyond the playing area, towards the halfway line, and in line with the points where the penalty arc intersects with the penalty area.
- Place 2 blue players at cone 1 and 2 orange players at cone 2.

Explanation

- The exercise starts with the players positioned at the cones marked 1 and 2 in possession.
- The first orange player at cone 2 plays a diagonal pass to the first orange player at the left-hand cone nearest to the goal, who drops to receive the ball before shooting on goal unopposed.
- The orange player who shot on goal takes up a position on the edge of the penalty area in readiness to defend against the blue player at the right-hand cone nearest to the goal, who receives a diagonal pass played by the blue player at cone 1 and tries to beat the orange defender before shooting on goal.
- The sequence continues in this way with opposed scenarios, with the players at cones 1 and 2 taking it in turns to play the ball into their team-mates.

Key coaching points

- Players should be aware of the pressure from the defender to best orientate their first-touch. In this instance with the defender not tight, rather than receiving the ball on the safe side with their back to goal, the receiving player could take a positive first-touch, using their front foot, to then engage with the defender.
- The receiving player, aware of the deep position of the defender, receives the ball on the front foot and can immediately drive at and take on the defender.
- When receiving under pressure, players should look to orientate their first-touch away from the oncoming defender to attack the space. Timing their movement to receive the ball on the move can help the attacker gain momentum and a positional advantage over the defender.

Roles of coaches

- First coach: leads the exercise and coaches the players to perform the required actions.