

1v1 finishing circuit

What you tell your players the session is about:

Attacking 1v1 to score.

What you tell your players to do:

- 1 Work at a realistic pace.
- 2 Ensure you hit the target.
- 3 Be clinical and ruthless.



what to shout

- "React"
- "Use pace"
- "Hit the target"
- "Show disguise"



what to look for

- The reactions of the players.
- The realism of the practice (speed).
- Do the players show disguise when finishing?
- Is there a range of finishes, power, placement etc?



what to think about

This practice enables players to work both as attackers and defenders in three 1v1 situations that will occur often in a game. It's important that the attacking players are decisive in their finishing. If they consistently fail to score, is it because they are panicking and blasting the ball at the goal? Encourage them to be calm and look to pass the ball into the net.

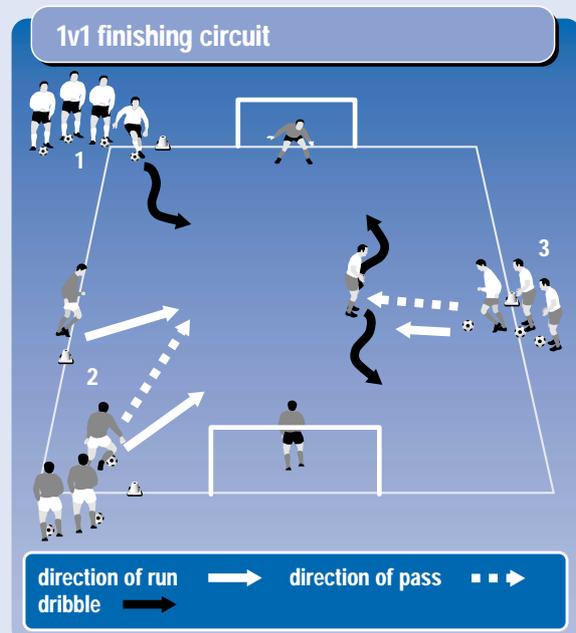
What you get your players to do:

Station 1 – the player has three touches to dribble at pace and shoot against the keeper.

Station 2 – the player must receive a pass from the defender and race away to score against the keeper before the defender can retreat and catch the attacker.

Station 3 – the attacker receives a pass from the defender and must now show disguise and score in one of the goals before the defender can get back to defend.

After playing at station 1, you become a defender and then attacker at station 2. Finally you defend and then attack at station 3.



Development

A development to this practice would be to play small-sided games where there is one more attacker than defenders.

How would I put this into a game situation?

Play a normal game. Games will naturally involve the situations that have been worked on in the circuit. Make sure your attackers are ready to exploit any such opportunities that arise.