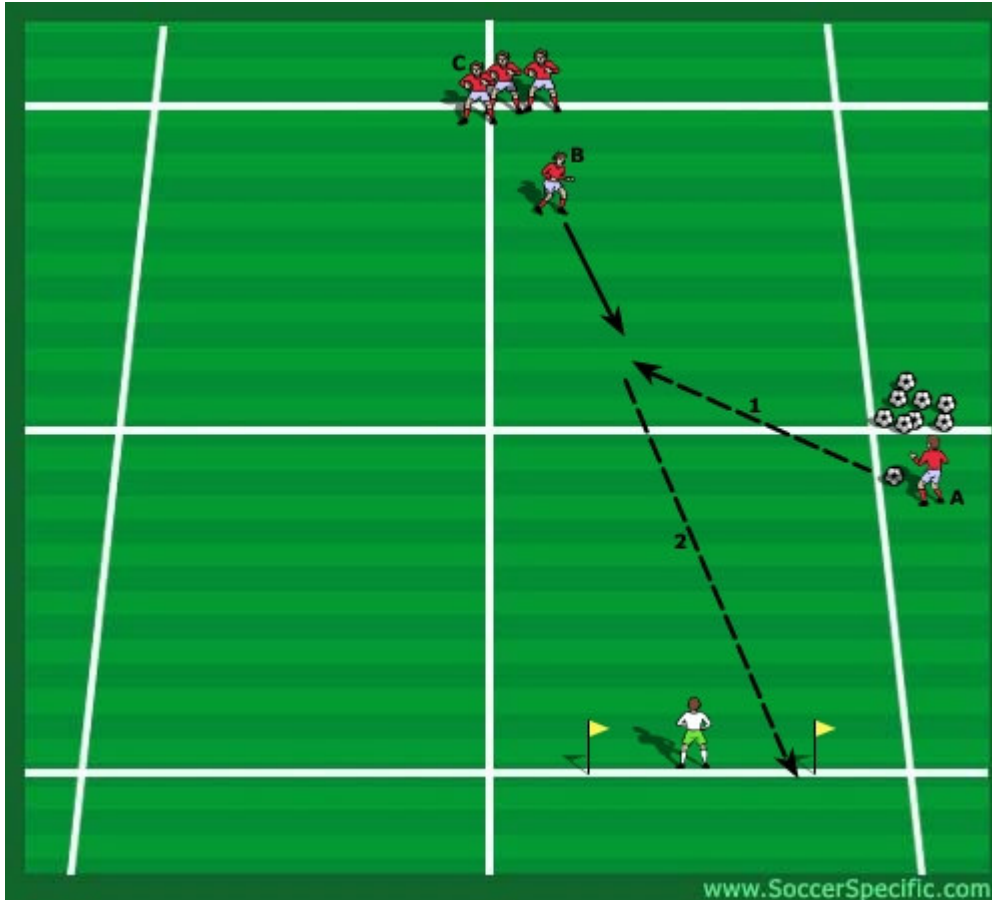


Close Range

Emphasis: Accuracy before power when finishing from close range.



Set-up:

10 x 20 yard grid.
Groups of five players plus a goalkeeper per grid. A supply of balls is placed with the server (A) at the midpoint of the grid. The remaining 4 players are positioned at one end of the grid as shown. A goal is created using flags.

Objective:

The first player in line (B) must jog forward towards server (A). Server (A) passes the ball to (B). All shots must be from approximately 12 yards from goal. Player (B) must attempt to redirect the ball into the goal. Player (B) returns to the back of the line. The sequence is repeated with player (C), (D) etc. Players should use the inside of the foot to pass the ball into the corners out of reach of the goalkeeper. Rotate the goalkeeper and server after a designated period of time.

Progression:

1. All finishes must be one touch.

Coaching Points:

- Accuracy before power.
- Redirect the ball into the corners.
- Try to be deceptive with the shot.