



TRAINING EXERCISE

Box-Box Finishing



- Finishing Final Third**
Shooting
Receiving to Turn
- U9 to U12**
- 14 Players**
- 2 large goals, balls, cones**
- Intensity: 5**
- 20:00 min**
(4 x 03:00 min, 02:00 min rest)

Objective

To develop finishing from a distance
To develop finishing from close range
To develop the #9 how to turn and finish
Possession for the purposes of creating goal scoring chances

Description

Make two boxes of 18 long x 36 wide. Place two large goals on each end. One team has 3 players in one box and 1 player in the other box. The opposition does the same. The purpose is to score goals. The 3 players in the box farthest from their goal must stay in their own zone. It is always a 3v1 in the back zone. Consider the following progression: Allow a player from the back zone to dribble into the front zone. Allow a player from the back zone to pass and follow their pass into the front zone. Allow any player from the back zone into the front zone. If the #9 player scores then that is worth more points.

Coaching Points

Application of technique to strike the ball from a distance. Emphasis on non-kicking foot. Application of technique to finish within close range. Application of redirecting the ball to score.