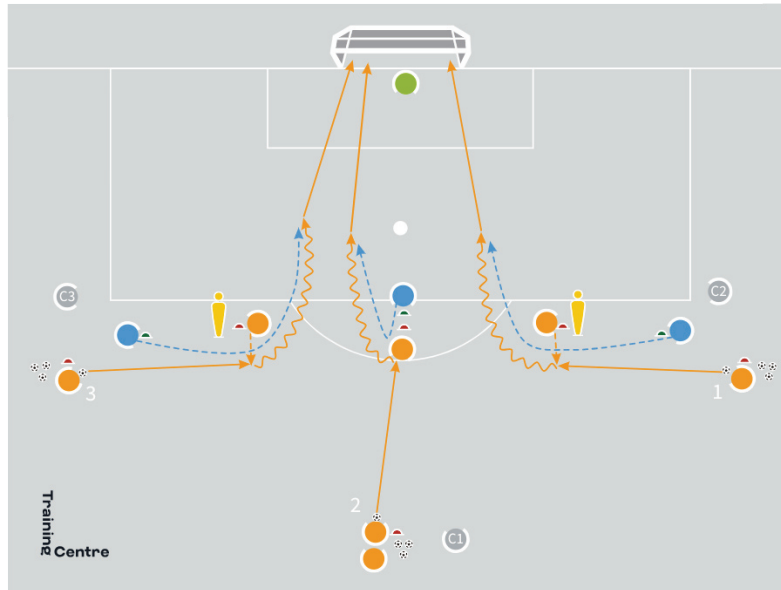


FIFA Talent Coach Programme

Finishing exercise: Feinting and finishing



Organisation

- Position a full-size goal at one end of the exercise area and place a goalkeeper in the goal.
- Set up a station comprising a mannequin and 3 cones either side of and several metres from the points where the penalty arc intersects with the penalty area, as displayed in the graphic above.
- Set up a central station comprising 3 cones positioned in line with the midpoint of the penalty arc, as displayed in the graphic above.
- Position attackers and servers (oranges) and defenders (blues) at the relevant cones, as displayed in the graphic above.

Explanation

- The exercise starts with the player occupying server cone 1 in possession.
- They pass the ball into the attacker at their station, who makes a short darting run away from the mannequin to take up a position approximately level with the passer.
- Once they receive the ball, the attacker dribbles towards goal and aims to shoot quickly.
- As soon as the attacker receives the ball, the defender closes them down and defends passively throughout the sequence.
- The sequence then moves to the central station, with the server passing the ball to the attacker, who turns and tries to beat the passive defender before shooting.
- The sequence is then repeated on the opposite side of the penalty area, starting at server cone 3.
- Rotate the players between stations and ensure that the defenders and attackers swap roles to enable all players to practise all scenarios.

Key coaching points

- Attackers, receiving the ball from wide, should look to receive with an open shape in order to maintain their positional advantage over the recovering defender.
- A positive first touch forward, and not to the side, can help wide attackers cut in front of the recovering defender.
- By deceiving opponents with double movements and feints (1), central attackers can create space to receive the ball side-on (2) before finishing on goal (3).

Roles of coaches

- First coach: coaches the attackers at the middle station.
- Second coach: coaches the attackers at the right station.
- Third coach: coaches the attackers at the left station.