

Pardaan

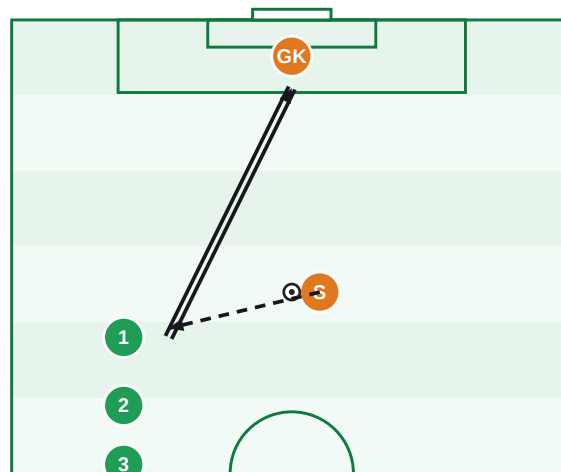
Shooting & Finishing Drills

Finishing practices from inside and outside the box.

Goals win games and finishing is a skill you can train every week. These practices keep the tempo high and give every player lots of repetitions in front of goal, from close-range first-time finishes to driving at the keeper in a 1v1. Rotate quickly, keep a real keeper in goal where you can, and celebrate the finishes - confidence is half of finishing.

● Attacker ● Server / keeper ▲ Cone ○ Ball - - -> Pass → Run == Shot

Rapid fire



Set-up: A server on the edge of the box, a line of attackers wide, keeper in goal.

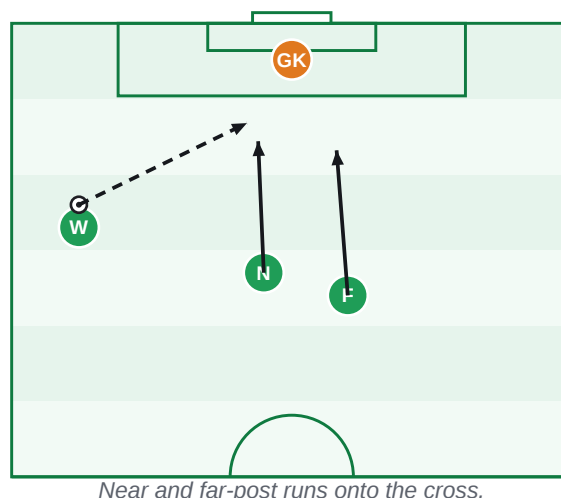
How it works: The server feeds a ball, the attacker takes one touch and finishes first time, then jogs to the back of the line. Next player goes straight away.

Coaching points

- Get your head over the ball and strike through the middle to keep it down.
- Pick your spot early - far corner is hardest for the keeper.
- Follow your shot in for any rebound.

Progression: Vary the service: rolled, bouncing, then driven across the box.

Wide cross and finish



Set-up: A winger with a supply of balls in a wide area, two strikers attacking near and far post.

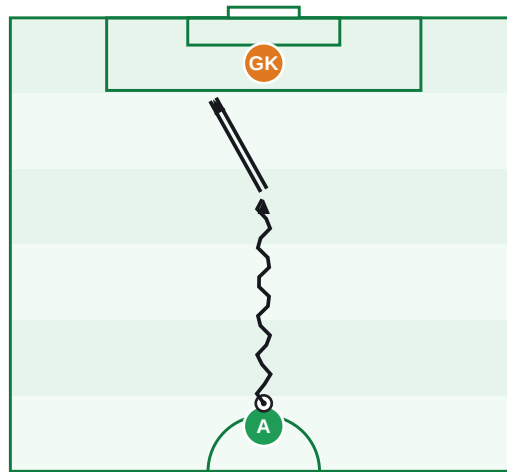
How it works: The winger delivers; strikers attack the near post and the far post in turn. Alternate the delivery side.

Coaching points

- Attack the ball - meet the cross, do not wait for it.
- Near-post striker gets across the defender; far-post striker holds their run.
- A firm contact beats a perfect one - get it on target.

Progression: Add a defender to make the strikers time their runs.

1v1 with the keeper



Drive in and beat the keeper.

Set-up: Attacker starts around the halfway line with a ball, keeper in goal.

How it works: Drive at goal and finish 1v1 with the keeper. Take turns; keep score of finishes.

Coaching points

- Take a positive touch towards goal and get your head up to see the keeper.
- If the keeper stays big, go around; if they dive early, finish where they were.
- Stay composed - side-foot placement usually beats a blast.

Progression: Add a recovering defender chasing from behind to add pressure.