



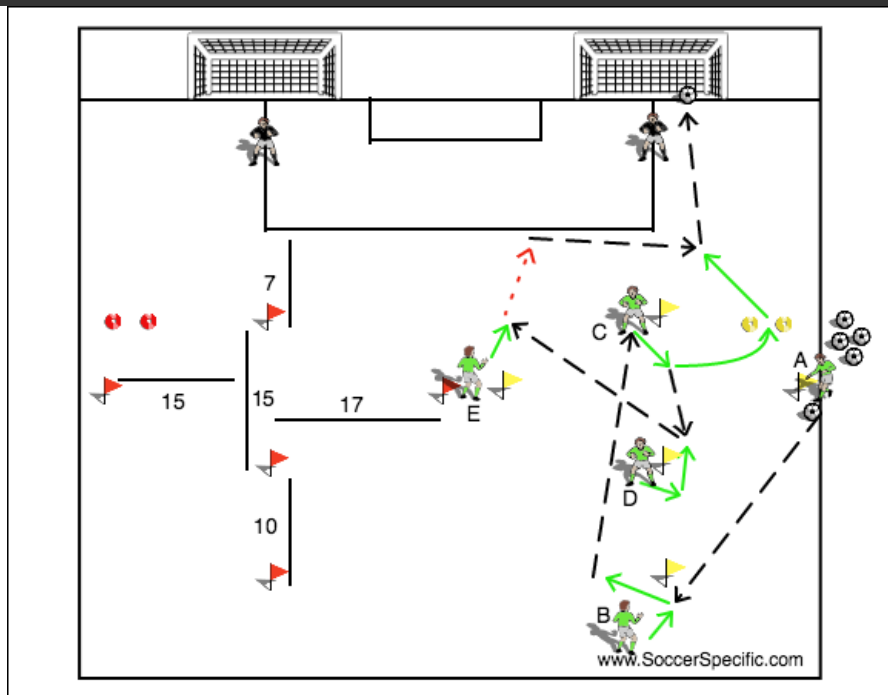
Barcelona Finishing

Date: **Aug 20, 2020**

Duration: **10 min**

Team: **SoccerSpecific**

Intensity: ● (3/10) | Category: **Technical**



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🕒 2 x 5 min 📍 Half Field

Setup: Finishing to two big goals. Set up as shown. Two groups of 10-12 players, minimum of two GKs or as numbers permit, 10 balls per group, 10 flags, 4 cones.

Instructions: 5 pass sequence with a finish on goal. 5-6 minutes of repetition and then switch sides, keep track of goals. Player A passes it to Player B who pulls away from the flag and touches across his body to the other side of the flag. On his second touch Player B plays a crisp ball into Player C's feet who lays a first time ball off to Player D. In the meantime Player D has cleared the passing lane and checked underneath Player C. Player D plays a ball into the path of Player E. Player E penetrates on the dribble and crosses the ball on the ground 16-18 yards out to Player C that has curved his run through the two cones for a first time finish if possible.

Coaching Points: Timing of runs, checking away from the flags (defenders), quality service across the box, finish on frame. Players follow pass for rotation.