



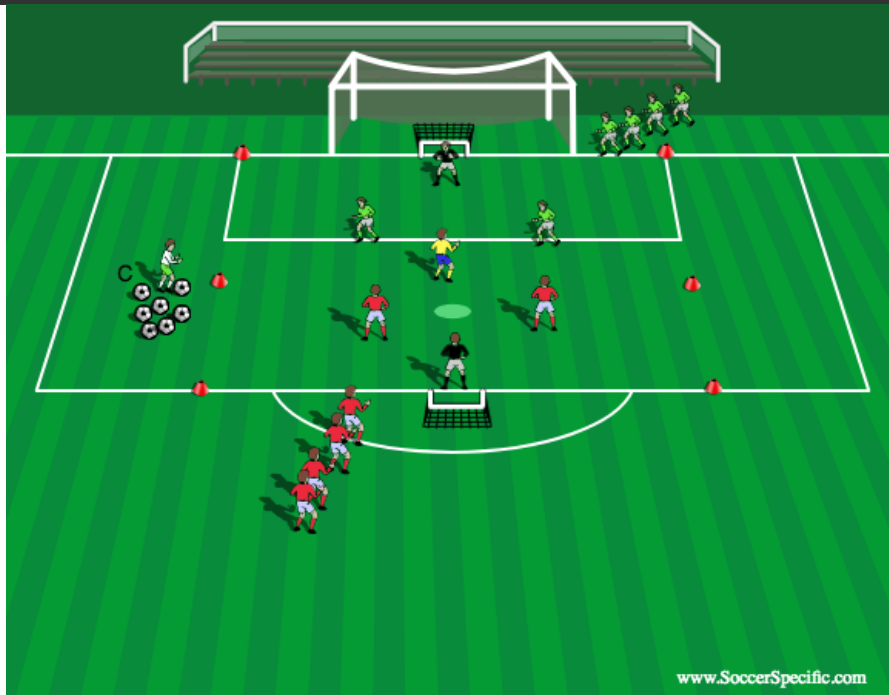
3V3+1 Finishing

Date: **May 30, 2018**

Duration: **1 Min**

Team: **SoccerSpecific**

Intensity: ● (7/10) | Category: **Tech / Tact**



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⌚ 1 Min ↗ 20X18

Setup: Using a smaller goal. Something the size of a futsal goal. Width of 6 by 18 yard box. Everything is within shooting range. Coach immediately passes in when ball is out/scored.

Instructions: 3V3+1 The plus 1 should allow attacking teams to get shooting opportunities within limited number of passes. Rotate players after each round. 1 minute rounds.

Coaching Points: The smaller goals force the attackers to shoot at a smaller target which will allow the GK many opportunities to make saves with the feet and hands in reaction scenarios similar to those possibly presented in a game.