



# FINISHING: NOTTINGHAM FOREST

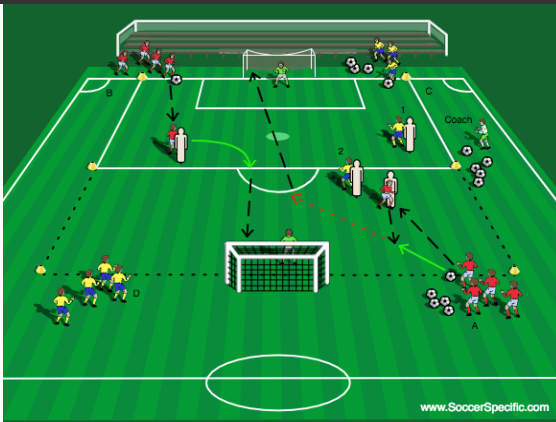
Date: Dec 20, 2018

Duration: 12min

Team: Nottingham Forest

Intensity: ● (3/10)

Category: Technical

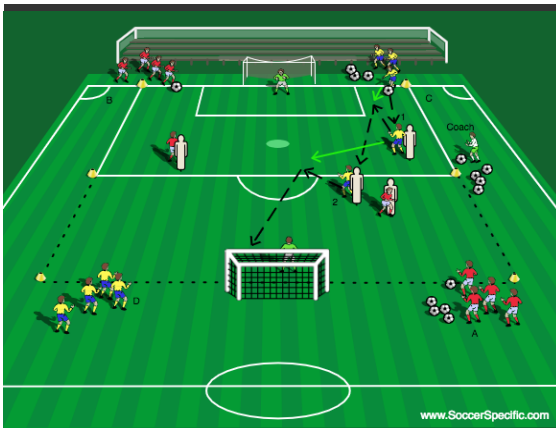


**Setup:** Squad split into 2 teams (Red + Yellow) as shown. Red positioned at locations (A+B). Yellow positioned at locations (C+D).

**Instructions:** FINISHING FROM VARIOUS ANGLES: Position (A): Pass to Target player next to mannequin / receive the layoff pass / receive with first touch into space / finish with 2nd touch. Position (B): Pass to Target player at mannequin / Target player spins with first touch / Finish with next touch. \*\*From locations (A) + (B) = left-footed strikes on goal. Rotation: Player from Location (A) moves to location (B) and vice versa.

**Coaching Points:** Quality of pass to Target players / quality of layoff First touch to receive - various techniques: inside of foot / outside of foot etc. Change of pace. Variety of Finishing: Bent shots / driven / high / low.

1



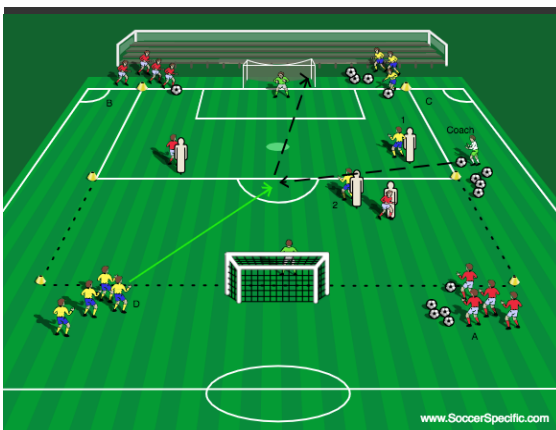
**Setup:** Squad split into 2 teams (Red + Yellow) as shown.

Red positioned at locations (A+B). Yellow positioned at locations (C+D).

**Instructions:** FINISHING FROM VARIOUS ANGLES: Position (C): Pass to Target (1) player and receive one-touch back / next pass forward to Target (2): Target (1) now supports to receive a layoff from Target (2) to strike on goal. Pass to Target player next to mannequin / receive the layoff pass / receive with first touch into space / finish with 2nd touch. Position (D): Player accelerates forward into space / Receives a pass from Coach (C) on sideline / One-touch finish from top of 18yd box. \*\*From locations (C) + (D) = right-footed strikes on goal. Rotation: Player from Location (A) moves to location (B) and vice versa.

**Coaching Points:** Quality of pass to Target players / quality of layoff First touch to receive - various techniques: inside of foot / outside of foot, etc. Change of pace. Variety of Finishing: Bent shots / driven / high / low.

2



**Setup:** Squad split into 2 teams (Red + Yellow) as shown. Red positioned at locations (A+B). Yellow positioned at locations (C+D).

**Instructions:** FINISHING FROM VARIOUS ANGLES: Position (C): Pass to Target (1) player and receive one-touch back / next pass forward to Target (2): Target (1) now supports to receive a layoff from Target (2) to strike on goal. Position (D): Player accelerates forward into space / Receives a pass from Coach (C) on sideline / One-touch finish from top of 18yd box. \*\*From locations (C) + (D) = right-footed strikes on goal.

Rotation: Player from Location (C) moves to location (D) and vice versa.

**Coaching Points:** Activity is continuous: Position (A) shot; Position (B) shot; Position (C) shot; Position (D) shot...repeat for designated time. \*2 Blocks - change groups to allow all players to shoot with Right / Left foot.

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