

Finishing in the D

Objective – Creating and finishing in the D

GameFocusResetProgression

1. 4 teams of 3 + 2 keepers if possible
2. 2 teams live at a time trying to score in their goals – they may use the bounce players to assist
3. First team to score 2 goals wins in which case one of the “bounce” team replace the losers
4. Swop teams around to keep involvement

Score

1. Normal
2. Deflections – 2 goals
3. One touch – 3 goals

Defenders

1. Block line to goal
2. Mark
3. Remove ball pressure on transition

Attackers

1. Shoot Immediately
2. Move the ball to space
3. Fast reactions
4. Deflections

1. Any infraction coach throws new ball in

1. Time to score

- 2. 5 balls each to encourage retention
- 3. One touch

