

VFA - Elite Performance Academy

Finishing Session

THEME Offensive

PHASE Finish

PRINCIPLE Anticipate, Adjust to shoot

Mental Impact

The objective is to incorporate different types of finishing into this training session, to get the players thinking about - how, when, & where to get unmarked, anticipate, and adjust/organize themselves to shoot/finish - while also working on the quality and technique of their execution.

Athletic Impact

7/10

Attendance

PHASE I & II

Execution	Description	Coaching Points	Progressions
	<p>Technical I - Finishing technique off dribble and off combination play to mini goals</p> <p>Technical II - Finishing technique off service to mini goal</p>	<ul style="list-style-type: none"> - Getting Unmarked (how, when, where) - Quality of set-up (1st touch, combination, service) - Quality of finish (technique/texture) - Adjust and organize your body and/or feet to finish - Disguise your intentions - creativity! (movement & finish) - Anticipate, read the play - conviction/belief! 	<p>Technical I (P1) - Finish off dribble</p> <p>Technical I (P2) - Finish off combination</p> <p>Technical II (P1) - Ball served on the ground</p> <p>Technical II (P2) - Ball served in the air</p>
	WORKLOAD	PERFORMANCE CRITERIA	Notes
	<p>Technical (1) = 15min Technical (2) = 15min</p>	<p>Training group will be broken up into (2) competing for most goals in each exercise!</p>	<p>Excercises focusing on session objectives. High # of reps!</p>
	PRESSURE GRADE		
	0/1		

PHASE III

Self Adaptive Games	Description	Coaching Points	Progressions
	<p>Thunderdome (4v4 + 4 bumpers) - 1 touch for bumpers, unlimited for those inside the field.</p> <p>Transition Game (3v2) - Game starts w/ entry ball into FWD's feet, 3 attackers and 2 defenders, game is live until goal is scored or ball goes out of bounds.</p>	<ul style="list-style-type: none"> - Getting Unmarked (how, when, where) - Quality of set-up (1st touch, combination, service) - Quality of finish (technique/texture) - Adjust and organize your body and/or feet to finish - Disguise your intentions - creativity! (movement & finish) - Anticipate, read the play - conviction/belief! 	
	WORKLOAD	PERFORMANCE CRITERIA	Notes
	<p>4v4+4 = 15min 3v2 = 15min</p>	<p>Thunderdome (4v4+4 bumpers)</p> <p>1 point = finish</p> <p>2 points = 1st time finish off target</p> <p>3 points = 3rd man combo off target (1st time finish)</p> <p>Transition Game (3v2)</p> <p>1 point = All Goals</p>	<p>Acitivities designed for players to discover the game principle and session objectives based on instructions & performance criteria.</p>
	PRESSURE GRADE		
	2		

PHASE IIII

Pro-Time!	INSTRUCTIONS	Coaching Points	Progressions
	<p>Multi-Functional Finishing Exercise - Combination + Finish x 2 forwards + service from left & right (4 total shots on goal) each repetition.</p>	<ul style="list-style-type: none"> - Getting Unmarked (how, when, where) - Quality of set-up (1st touch, combination, service) - Quality of finish (technique/texture) - Adjust and organize your body and/or feet to finish - Disguise your intentions - creativity! (movement & finish) - Anticipate, read the play - conviction/belief! 	<p>I - Central Players Finish Off Dribble (turning defender)</p> <p>II - Central Players Finish 1st time (Lay off for ACM)</p> <p>I - Wide players serve off dribble</p> <p>II - Wide players serve off combination play to eliminate full back</p>
	WORKLOAD	PERFORMANCE CRITERIA	Notes
	<p>20min</p>	<p>Fun competition between individuals.</p>	<p>Pro-time! Opportunity for players to get more reps within a multi-functional finishing exercise, maximizing the last 20min of training to continue to enhance technique!</p>
	PRESSURE GRADE		
	0		