

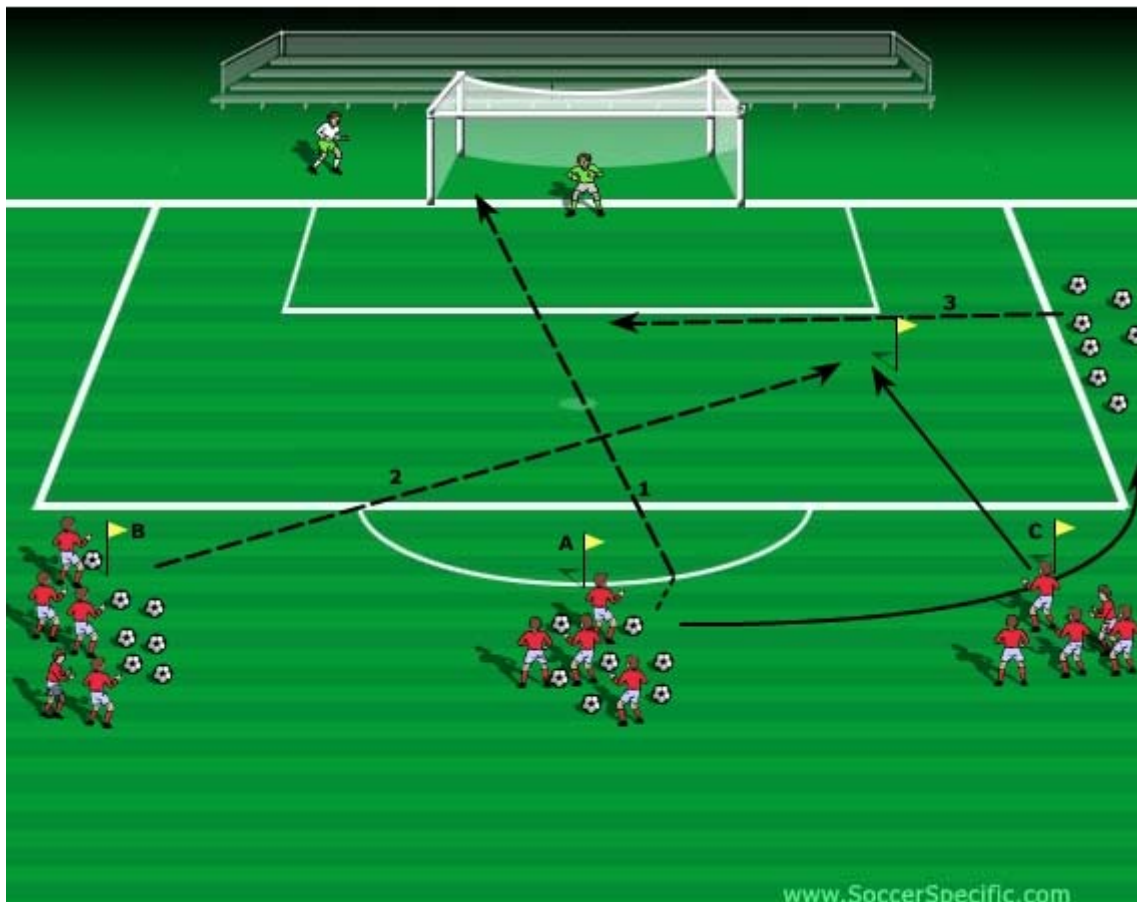
Fulham Finishing

Emphasis:

Game-like finishing: Shooting from distance, finishing from varying crosses.

Set-up:

Players are split into 3 groups as shown (A,B,C). Three flags mark the starting points for each group. Another flag is placed approximately 8-10 yards out at an angle to one of the goal posts. Balls are located with groups (A) and (B) as well as outside one side of the 18-yard box. All players start at one of the three flags. One goalkeeper in goal with extra goalkeeper waiting off to side of goal as shown in Diagram (a) below.



Diagram

(a)

Objective:

The exercise is initiated by player (A). Player (A) takes a touch to the side of the flag and then strikes a shot at goal. He then immediately starts sprinting around the flag at group (C). Player (B) passes a ball in the direction of the flag located approximately 8-10 yards from goal. Player (C) must time his run from his starting point to get to the ball for a shot on goal. Player (A) then crosses one of the wide balls into the box for both player (B) and (C) to attack.

After approximately 4 minutes, change direction to ensure crosses and shots from both

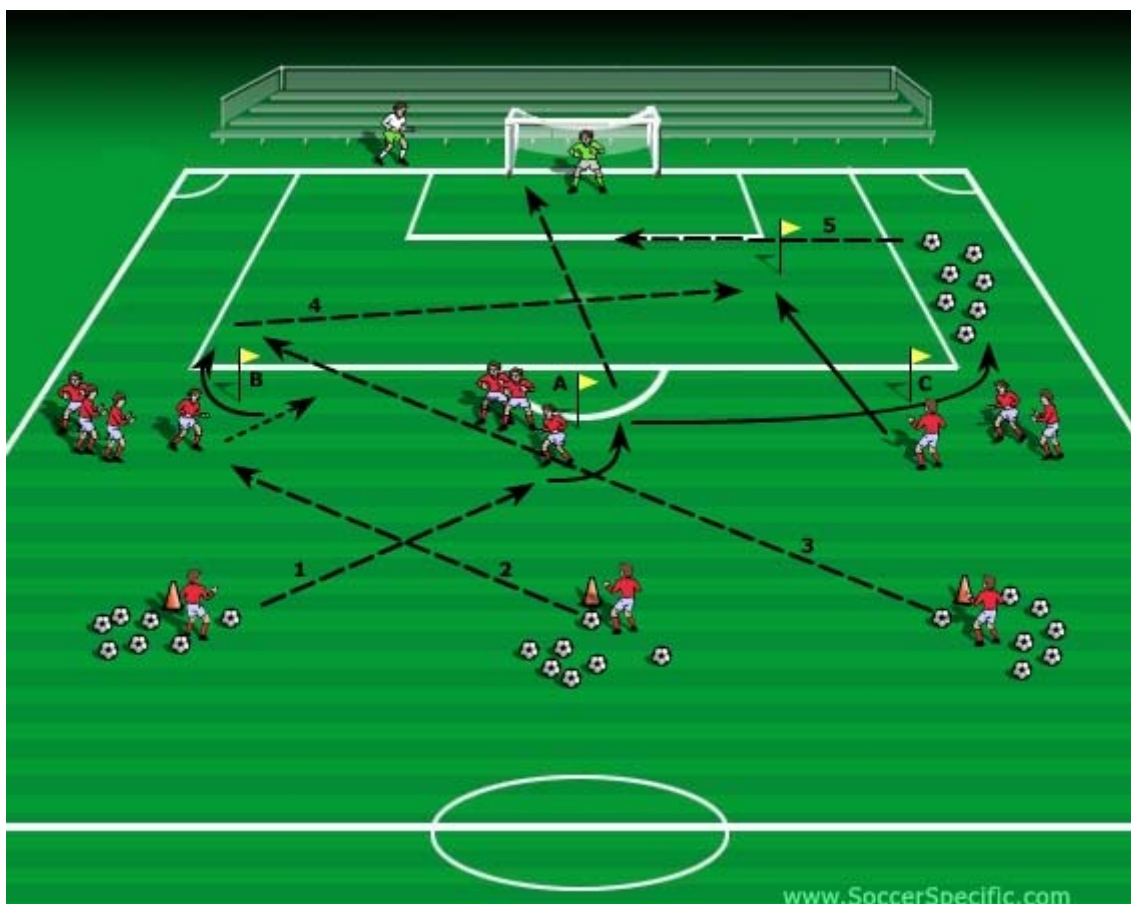
sides of the field.

Coaching Points:

- Attempt to do everything at game speed.
- Player (B) must drive the ball across the face of the goal towards the flag for player (C) to attack at the back post. (C) must time his run to slide in before the ball reaches the flag.
- Player (B) must **NOT** get into the box too early when attacking the cross from player (A)
- Player (C) must “stay alive” in the box by making a second run to receive a cross from player (A)

Progression:

Three players are positioned approximately 35 yards away from goal to act as servers as shown below in Diagram (b). Each has a supply of balls. The exercise is initiated with a pass (1) to player (A) who is checking to the ball. Player (A) must spin and strike a shot at goal before immediately sprinting around flag at group (C). Pass (2) is played to player (B) who spins inside the flag to create an angle for a shot quick shot on goal. Player (B) immediately spins back out around the flag to receive a diagonal driven ball (3) from server. Player (B) must control this ball quickly before driving a ball (4) along the ground towards the back post space for player (C). Players (B) and (C) must stay active in the box to time their runs for a cross (5) from player (A).



Diagram

(b)

Coaching Points:

- Attempt to do everything at game speed.
- Firm and driven passes from servers.
- Player (B) must drive the ball across the face of the goal towards the flag for player (C) to attack at the back post. (C) must time his run to slide in before the ball reaches the flag.

- Player (B) must **NOT** get into the box too early when attacking the cross from player (A)
- Player (C) must “stay alive” in the box by making a second run to receive a cross from player (A)