Date: 22/03/20  
Time: N/A  
Duration: 1:00 hour  
Age/Level: 

**Session**

**Objective:**

**Finishing (2)**

### Unopposed Finishing

**Description:** Unopposed dribbling with a shot on goal.

**Coaching Points:** Keep your toe down and strike the ball with your laces.

### 1v1 Finishing - 2

**Description:** Defensive player passes to offensive player. Offensive player looks to dribble past and finishing on the pop-up goal.

**Coaching Points:**
- Skill move to move past defender
- Strike the ball with the inside or laces when shooting

### 1v1 Finishing w/ Defender from Behind

**Description:** 1v1 with defender tracking down the defender from behind. Offensive player should try and take first touch in-front of the defender and toward the goal to seal them off and keep them behind the ball.

**Coaching Points:**
- Offensive player should take first touch toward goal and to cut off the defender quickly
- Offensive player should look to finish on goal striking with inside of the foot or the laces

### Scrimmage

**Description:** Four versus four scrimmage.