

## Power, Finesse and Head Finishing

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This is a drill to work on shooting the ball on goal with power, finesse, and with your head. (Advanced)

Click image to view all steps.

{gallery}1020{/gallery}Steps:

- Start with three equal lines of players each having a ball, one line behind each goalpost, and one line behind a cone 25 yards out from goal.

- The players behind the cone are the shooters. The first player in line behind the cone takes a touch and then shoots the ball from the top of the 18 yard box on goal trying to score. As soon as the player shoots the ball, the player in line behind the left goalpost passes the ball out toward the 12 yard spot for the shooter to take a one touch shot on goal. Since this shot is closer to the goal and the ball is coming at the shooter with pace, it needs to be more of a finesse shot. Once the second shot has been taken, the first player in line behind the right goalpost throws the ball in the air so the shooter has to head the ball to try to score. Once all three attempts on goal have been taken, the shooter retrieves the balls and the players rotate.

Setup:

- Full size goal, 1 cone 25 yards out from the goal

- 10 players: (9 attackers, 1 goalkeeper) (minimum recommended)