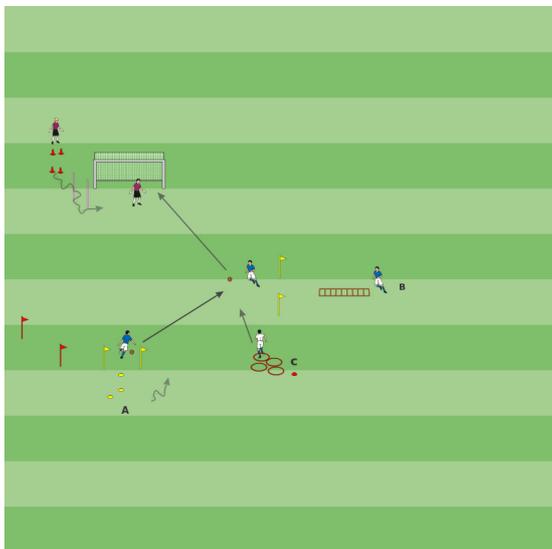


## TRAINING EXERCISE

### All in One vs One



	<b>Finishing Final Third</b> <b>Finishing Final Third</b>
	<b>U12 to Senior</b>
	<b>to Players</b>
	
	<b>Intensity: 10</b>
	<b>00:00 min</b> ( x 00:00 min, 00:00 min rest)

#### Objective

For A and B to combine for a finish on goal via accuracy of through ball and timing of movement. For GK to track across the goal line and narrow the angle while the recovering defender's sole aim is to get behind the ball and force the attacker away from goal.

#### Description

All player simultaneously go at once. A) dribbles the ball through the gate and looks to slide the pass through at an angle. B) works through the agility ladder timing his movement before meeting the pass by accelerating through the gates. C is the recovery defender who must 'shuffle' through the hoops before being given the freedom of a full recovery run to try and defend. If C wins the ball or the GK saves, they can counter to the Red goal. GK must get over the two hurdles, and then 'slide' in and out of the poles before tracking across his/her goal to narrow the near post angle as the attacker receives the ball.

#### Key Points

B should time his movement to meet the pass based on the speed of A's dribble through the cones and into the gates. As soon as B gets out of the ladder, the hips should open to receive with the back foot and open the body onto the right side for a right foot shot. Or, B could cut across C's recovery line by cutting inside with his/her first touch, allowing for a more central finish. GK must look to get across goal line quickly and be on their toes immediately once set in a good position. A should ALWAYS anticipate a rebound, as should C. Re-inforce the importance to C of tracking back even if they think they may not make a tackle. The counter opportunity may occur at any time.