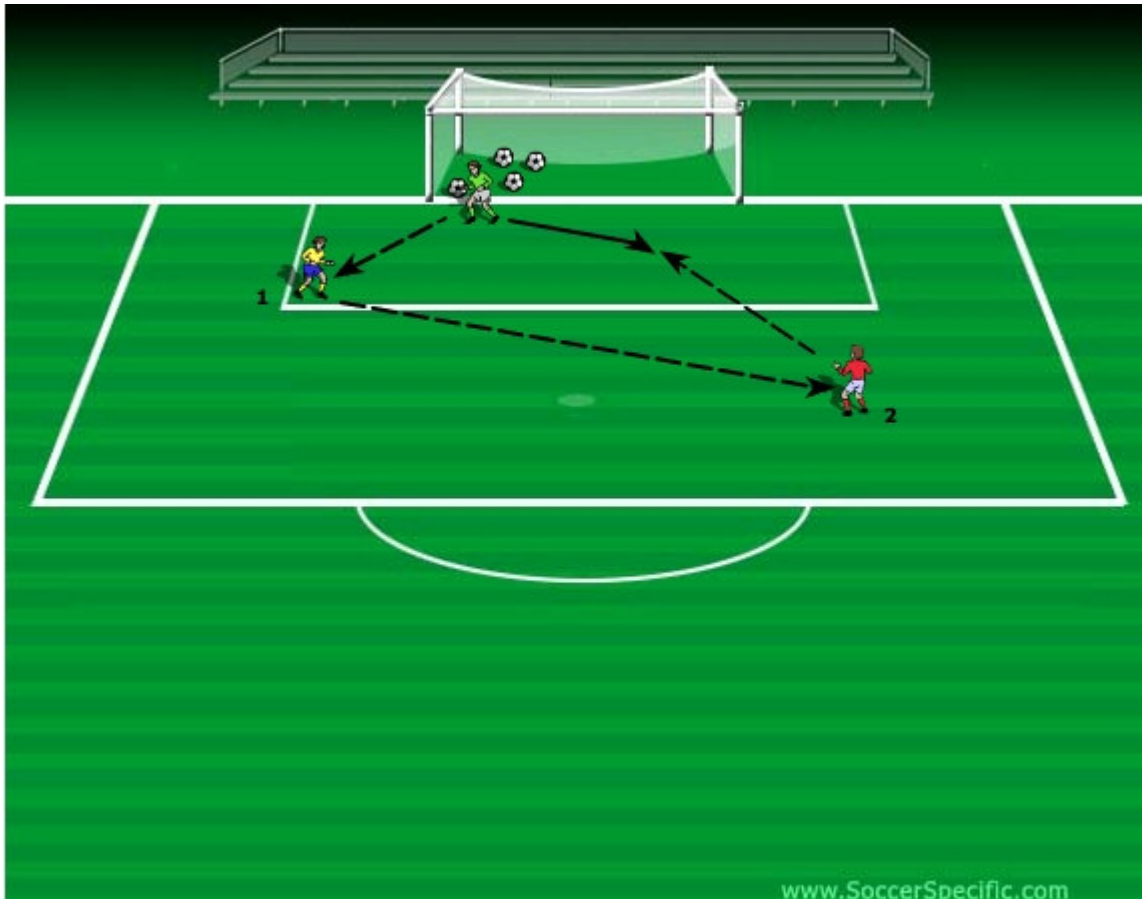


## One Touch Finishing

**Emphasis:** Mobility across the goal mouth



**Set-up:**

One server stands sideways-on at the corner of the six yard box, and the other server stands between the penalty spot and the corner of the other six yard box. Place balls just inside the goal, easily accessible for the goalkeeper who is working.

**Objective:**

Goalkeeper starts at the near post with the ball in his hands. He rolls it on the ground to server 1, who one touch passes it to server 2, he then hits a time shot on goal. The goalkeeper follows the ball from player to player across the goal and cuts down the angle and gets set for the shot from server 2.

**Progressions:**

1. Either server 1 or 2 may shoot the ball.
2. Server two can either shoot first time or take a preparation touch.

**Coaching Points:**

- Prepare for a shot at any time.
- Recover across the goal under control.
- Get set for the shot.

“It is a very bad thing to become accustomed to good luck” -Pubilius Syrus