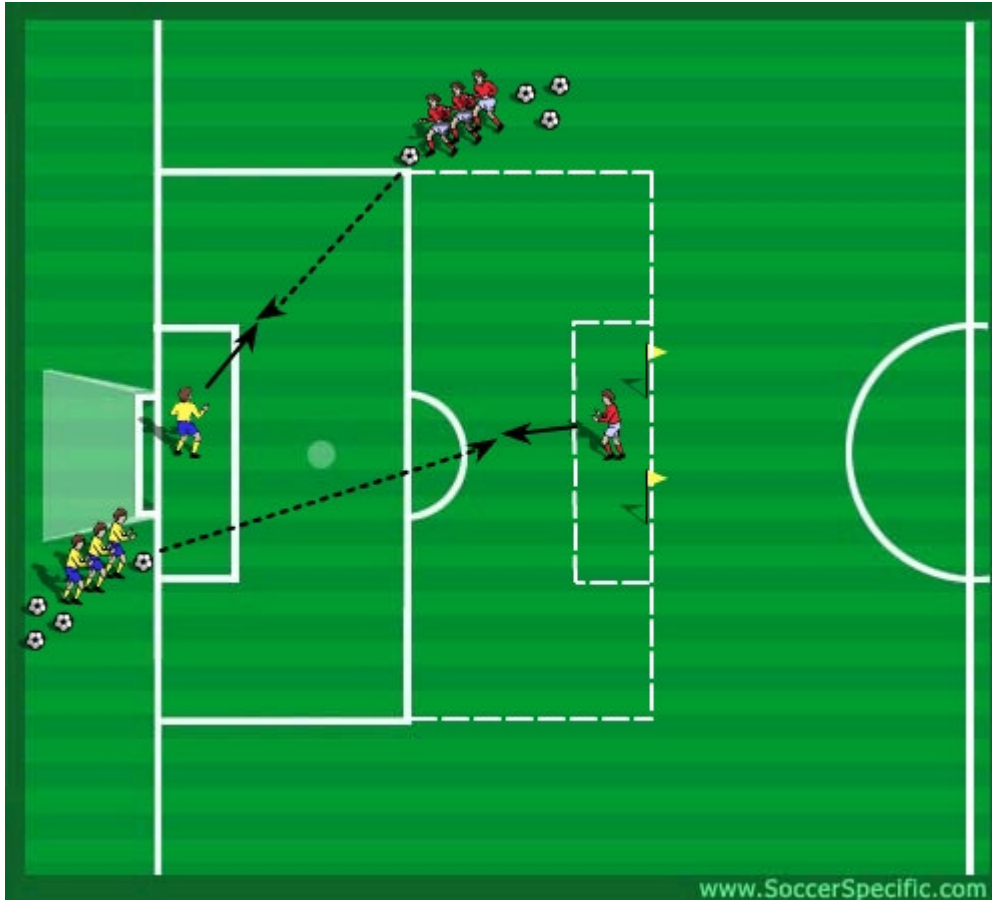


## Breakaway Finishing

**Emphasis:** Finishing in breakaway situations 1 v 1 with the goalkeeper.



### Set-up:

Place two goals 36 yards apart (two penalty boxes facing each other). Position a group of players at the midway line on the side of the two penalty boxes with a group of balls. Position another group of players next to the post with a group of balls. Position a goalkeeper in each goal.

### Objective:

Both lines work simultaneously and dribble towards goal to create a 1 v 1 situation with the goalkeeper (breakaway). The attacker must attempt to score past the goalkeeper. After an attempt at goal or a goal the shooter joins the end of the line. The exercise always works in a clockwise rotation. After a designated number of repetitions, switch the balls and players to the other side of the penalty box and the other side of the posts. This activity is very taxing on the goalkeepers therefore it is recommended that more than one goalkeeper be positioned at each goal.

### Progressions:

1. The attacker must take one touch half way to the goalkeeper to make it more of a 50-50 ball with the goalkeeper.
2. The attacker must attempt to go around the goalkeeper prior to scoring.

### Coaching Points:

- Shoot low to the side of the goalkeeper.
- Be deceptive with your shooting.
- Make the goalkeeper commit prior to attempting to go around him.