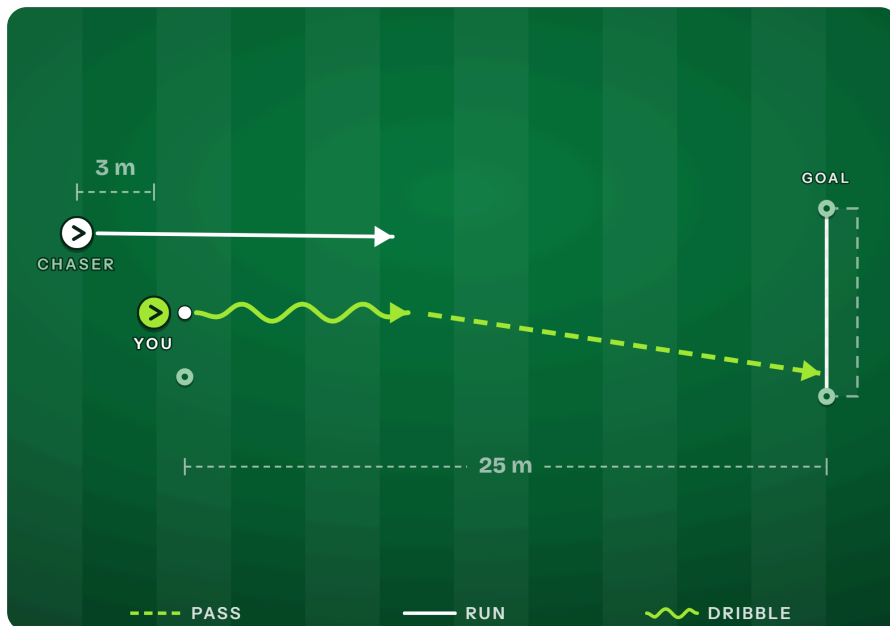




# Finish with a chaser

TECHNICAL & TACTICAL · FINISHING ·  
2 PLAYERS (YOU AND A FRIEND TO CHASE), PLUS A KEEPER IF YOU HAVE ONE ·  
AGE 16+



## Set up

An anchored goal

A friend to chase

6 balls, 25 m out

Chaser 3 m behind

## Dose

4 rounds of 4 goes

2 min rest between

4 rounds of 4 goes, swapping roles after each round, with 2 minutes of rest between rounds (the Football Reach target, not an FA rule).

## What it trains

Finishing at speed with a defender recovering from behind: get your shot away early, in your stride, before they catch you. In FIFA's finishing practice the attacker gets 3 touches to shoot while a defender sprints to close them down.

## How it works

- 1 Warm up first. Put a cone 25 m out, in line with the middle of an anchored goal. You start at the cone with the ball.
- 2 Your friend, the chaser, starts 3 m behind you and about 3 m to one side (their own lane, so nobody runs into anyone). They go on your first touch.
- 3 Dribble at goal at speed and shoot early, low into a corner, before they catch you. If they get level with you before you shoot, they win that go.
- 4 A friend in goal is optional. Walk back and go again; swap roles after every 4 goes. Do 4 rounds of 4 (our target), resting 2 minutes between rounds.

## Coaching points

- 1 **Shoot early, in stride**  
Shoot at the first good chance without slowing down: strike the ball as it rolls in front of you, in your running stride. FIFA's advice is to keep the ball within striking distance, so you can set up a shot quickly.
- 2 **Low into a corner**  
Pick your corner as you run in, then keep the shot low and on target. The side-foot gives up some power for accuracy; the laces give more power (England Football). Low into a corner is a coaching cue, not a research finding.

× **Not this:** Taking an extra touch to set the ball, or dribbling on into the box. Every extra touch gives the chaser time to get level and block the shot.

### ➤ HARDER

The chaser starts 1 m behind you. Or a third friend plays the ball into space for you to run onto from 25 m out (the age ladder's set-up), so the race starts on the move.

### ➤ EASIER

The chaser starts 5 m behind you, so you have time to pick your corner before they arrive.

## 🛡️ Safety

- If in doubt, sit them out: anyone with a suspected concussion stops straight away, does no training for at least 24 hours and plays no matches for at least 21 days (UK concussion guidelines).
- Chasers stay on their feet: no slide tackles, no tackles from behind, no pushing or pulling. Getting level wins the go, so there is no need to tackle.
- Only use a goal that is anchored to the ground or has a weighted back bar, and never climb or swing on it. A keeper stays on their feet: no diving at feet or on hard ground.
- Flat grass with room to slow down past the goal and nobody behind it, never a road or driveway. Stop if anything hurts.
- Warm up first. Stop if anything hurts and tell an adult.

## 📅 Track 12 weeks (tick each session)

|                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| W1                       | W2                       | W3                       | W4                       | W5                       | W6                       | W7                       | W8                       | W9                       | W10                      | W11                      | W12                      |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



## Watch Archie show it

[footballreach.com/drills/finish-with-a-chaser](https://footballreach.com/drills/finish-with-a-chaser)

Then take the free test at [footballreach.com](https://footballreach.com)