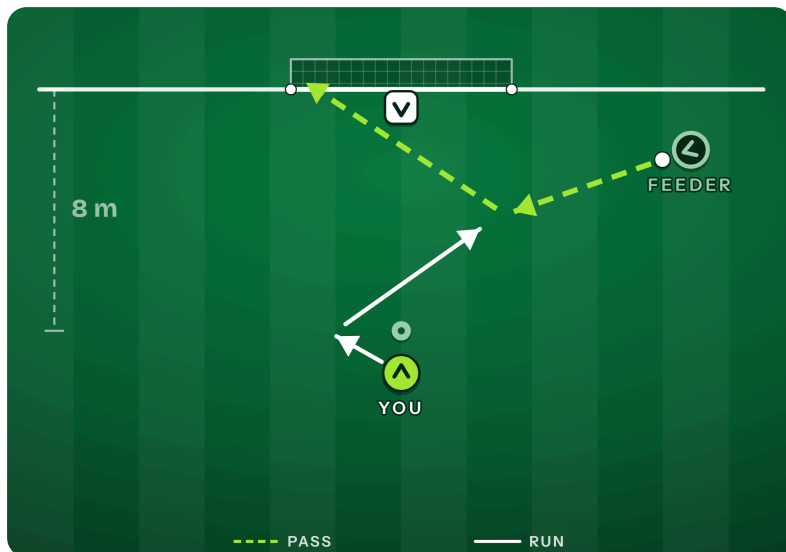




# Striker: finish in the box

TECHNICAL & TACTICAL · FINISHING ·  
3 PLAYERS (YOU, A FEEDER AND A FRIEND IN GOAL) · AGE 12+

## Set up

- A goal
- A friend in goal
- A feeder with 6 balls
- A cone 8 m out

## Dose

- Switch sides every ball
- 3 sets of 6 finishes

3 sets of 6 finishes, switching sides every ball (the Football Reach target, not an FA rule).

## What it trains

Striker movement in the box: lose your marker with a short dart away, then attack the near post and finish first time. In an FA analysis of Euro 2020, 82% of open-play goals were scored inside the box, most within 12 yards of goal.

## How it works

- 1 Warm up first. Put a cone 8 m out, in line with the middle of the goal: it is your marker. Start just behind it.
- 2 A friend goes in goal. Your feeder stands out wide, about 2 m from the goal line and 10 m to one side, with 3 balls on each side.
- 3 Dart a few steps towards the far post, then cut across in front of the cone to the near post.
- 4 As you cut, the feeder passes along the ground into the space at the near post. Finish first time, low into the far corner.
- 5 Jog back while the feeder walks to the other side (that is your rest). Do 3 sets of 6 (our target).

## Coaching points

- 1 **Move away, then attack**  
Dart two or three steps towards the far post to pull your marker with you, then cut across in front of them to the near post. Time it so you arrive as the pass does (FIFA calls these double movements).
- 2 **Low into the far corner**  
Meet it first time, usually with the side-foot (the FA calls it probably the most common finish: accuracy over power). Keep it low, back across goal into the far corner, away from a keeper who has stepped to the near post. This is a coaching cue, not a research finding.

× **Not this:** Standing still next to your marker and waiting for the ball. A defender can stay close and step in front of the pass.

## HARDER

The feeder mixes the angle (near the goal line, the side of the box, the edge of the box) and the target (near post or back towards the penalty spot), so you choose your run late. Then a partner marks you at walking pace instead of the cone, staying on their feet.

## EASIER

Take a touch first, then shoot: the FA says younger players usually need more touches to get ready to shoot. Or the feeder passes from closer and slower until the timing feels natural.

## Safety

- Only use a goal that is anchored to the ground or has a weighted back bar, and never climb or swing on it.
- The keeper stays on their feet: no diving on hard ground. Passes and finishes stay on the grass, nothing in the air.
- Flat grass or a pitch, never a road or driveway, with nobody behind the goal.
- If a shot hits anyone in the head, stop. If in doubt, sit them out: a suspected concussion means stop straight away, no training for at least 24 hours and no matches for at least 21 days (UK concussion guidelines).
- Warm up first. Stop if anything hurts and tell an adult.

## Track 12 weeks (tick each session)

|                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |                          |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
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