PLAYER PRACTICE · RECEIVE, SET, FINISH

How to Score More Goals

360TFT
FOOTBALL COACHING ACADEMY

Improve the whole chance—not only the strike. Train the first touch, shooting line, decision and finish together.

The shot often succeeds or fails before your foot strikes the ball. Make the set-up touch count.

You need

A goal or clearly marked safe target, two markers, several balls if available, and a partner or safe rebound source. Keep the area behind the target clear.

Receive, set, finish

1. Create a starting gate outside the shooting area.
2. Receive a pass or controlled rebound through the gate.
3. Use the first touch to set a realistic shooting line.
4. Choose placement or power before striking.
5. Finish towards a marked target area.
6. Repeat from both sides and with both feet where appropriate.

Complete 3 sets of 6 finishes. Change only one variable at a time.

Look for

- The first touch prepares the shot rather than causing another rescue touch.
- Your head becomes steady enough to see the ball and target.
- The striking surface matches the finish you selected.
- You follow the shot for a rebound when the environment allows it.

Take it into the game

Notice where the chance came from, what pressure existed and what the first touch made possible. Practise the type of chance you actually see in matches.

Measure all 18 attempts

Record three separate results:

A Set-up touch reached the intended shooting line.
B Shot hit the target area.
C Both happened in the same repetition.

The combined score matters more than counting attractive shots alone.

Make it easier

Use a stationary ball, move closer, enlarge the target or remove time pressure.

Make it harder

Vary the service angle, add movement, shorten the time to shoot, then add passive pressure. Add a live defender or goalkeeper only in an appropriate safe environment.

Source: FCA-owned Striker Clinic, finishing session library and Game Model progression from technique into movement, decisions and pressure.

EVIDENCE · THREE FOCUSED SESSIONS

Your Finishing Record

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SESSION	DATE	A · SET-UP	B · TARGET	C · BOTH	BEST LEARNING
01		___ / 18	___ / 18	___ / 18	
02		___ / 18	___ / 18	___ / 18	
03		___ / 18	___ / 18	___ / 18	

What type of chance are you training?

☐ Central ☐ Left side ☐ Right side ☐ Moving onto the ball ☐ Receiving with back to goal

What repeatedly breaks down?

☐ Movement before receiving ☐ First touch ☐ Decision ☐ Strike ☐ Pressure changes everything

What happened in your next match?

Describe the chance, pressure, first touch, decision and outcome.

Choose the next action

☐ Repeat this version ☐ Make one variable harder ☐ Return to first-touch practice ☐ Ask the FCA coaches

Ask a useful question

Post three recent chance descriptions and your A/B/C scores inside the Football Coaching Academy. Ask the coaches which part of the situation should become your next focus.