



AJAX FINISHING II

EQUIPMENT: 3 balls per group

FIELD DIMENSIONS: cones set up as shown

NUMBER OF PLAYERS: 5 minimum per group

PLAY:

- A passes to B, B passes back to A
- A plays low driven ball, through B's legs (dummy pass) to C, C drops ball for B
- B turns to face C and finishes, C moves to goal looking for any loose ball

COACHING POINTS:

- expect players to strive for passes that are sharp and accurate.
- pass #2, from B back to A should not be played directly to A's feet, but should be played like a drop pass that A can step into and drive to C.
- pass #3, from A to C should be driven accurately, on the ground, with the inside of the foot as hard as possible.
- pass #4, from C to B, like pass #2, should not be played to feet. but played about 1/2 way so that B. can step into pass and drive it first time on goal.
- rotation is: A to B, B to C, C collects ball and goes to A.
- pass #3 is the cue for the next group to begin.

NOTES:

- I saw the first team of Ajax do this finishing exercise at the ArenA prior to Johan Cruyff Schall against PSV Eindhoven. I have done this with several older American youth teams and it is a favorite with just about each one.
- to maximize the effectiveness of the exercise, be sure that your players understand the difference in pace of each pass.
- when players are rotating through the positions, a slow jog is expected—no walking.

