



# Poacher Development Program

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**Duration:** 60 Minutes | **Focus:** Finishing & Reaction | **Level:** Medium

## Key Focus Area

Sharpen instinctive finishing, movement, and reactions in the box

## Training Plan

### Rebound Finishes

Duration: 10 min | Difficulty: Intermediate

Use a wall or rebounder. Pass or strike the ball against the surface and finish the return ball with a one-touch shot. Focus on reacting immediately to the direction of the ball, adjusting body position, and using both feet. Vary distance and angles to simulate deflections or rebounds in a real game.

### Shadow Runs into the Box

Duration: 10 min | Difficulty: Intermediate

Place cones or markers to represent defenders. Practice curved and delayed runs toward key finishing zones in the box. Emphasize quick acceleration, timing, and variation in run angles to mimic game-like scenarios. You can simulate crosses and finishes by visualizing the ball's arrival and executing a finishing motion without the ball.

### First-Time Finishing Circuit

Duration: 15 min | Difficulty: Advanced

Set up 5–6 balls around the penalty area. Move from one to the next, striking each with a first-time shot using different techniques (inside foot, laces, half-volley). Prioritize body control, quick transitions between shots, and using your weaker foot. This builds instinctive finishing and composure under pressure.

## Reaction Header Drill

Duration: 10 min | Difficulty: Beginner

Stand a few meters from a wall. Toss the ball at the wall with your hands, let it bounce back toward you, and immediately react with a controlled header. Focus on proper neck and upper body movement, balance, and accurate placement. Adjust your distance to vary difficulty.

## Timed Cut-In & Finish

Duration: 15 min | Difficulty: Intermediate

Start wide near the corner of the box. Push the ball slightly forward, take a curved run around a cone, and cut in diagonally toward goal. Finish with a quick one-touch or two-touch shot. This simulates receiving a cutback or attacking the space between defenders. Focus on timing, clean shooting form, and acceleration into the box.