FINTER.dk / FOOTBALL COACHING RESOURCES

ERLING HAALAND

68 GOALS IN 61 INTERNATIONAL MATCHES

THE ULTIMATE ENGLISH FINISHING & STRIKER COACHING PACK 2026/27

20 age-adapted drills | 3 ready-to-use sessions | 4-week plan | 14-day challenge | Quiz | Printable worksheets

NORWAY GOALS	INTERNATIONAL CAPS	GOALS PER GAME
68	61	1.11

Match spotlight: Denmark 2–3 Norway, 17 November 2026. Haaland scored twice, including the stoppage-time winner from the penalty spot. Figures are a dated snapshot, not live statistics.

Purpose: Help coaches and families develop movement, first-time finishing, awareness, confidence and decision-making. Exercises are FINTER-created teaching activities, not Haaland’s personal training programme.

Safety: Age, ability, enjoyment and individual physical readiness matter more than scoring totals. Modify distances, intensity and repetitions; give adequate recovery.

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01 THE HAALAND SCORING BLUEPRINT

A modern striker does much more than shoot. Use these six coaching principles as observation prompts, not rigid rules.

1. Find space early

Scan defenders and the goalkeeper before receiving. Move into a lane that creates a useful passing angle.

2. Time the run

Vary the start position and accelerate when the passer can deliver. Avoid racing into offside positions.

3. Attack high-value areas

Arrive where crosses, cutbacks and through-balls can be finished with balance.

4. Finish quickly when appropriate

Practice one-touch finishes, but choose a controlling touch when the situation demands it.

5. Work for the team

Pin a defender, combine, press and create chances for a team-mate.

6. Respond well to missed chances

Help young players recognise a good decision and try again without fear of failure.

WHAT TO WATCH IN A MATCH

Before pass	At pass	After pass
Looks around; adjusts position	Accelerates; opens body; chooses a lane	Finishes, rebounds or supports the next phase

MEASURE PROGRESS FAIRLY

Track attempts, quality of movement, choice of finishing technique, teamwork and enjoyment. Do not rank children solely by goals scored. For small children, avoid formal performance pressure.

02 20 FINISHING DRILLS: U5–U8

For young children, repeat short, playful activities. A ball per player when possible; no long queues.

1. Goal Thief • 8–12 min

How: Every player dribbles in a grid. On a signal, find any mini-goal and score. Restart immediately. Coach: Exploration, dribbling, choice.

2. Pass, Shoot, Celebrate • 8–12 min

How: A partner rolls a ball a short distance. Finish into a large target; swap roles often. Coach: Confidence, basic striking.

3. Two-Goal Choice • 8–12 min

How: Approach two goals; a coach points to one only as the player gets closer. Coach: Awareness, direction change.

4. Race to the Ball • 8–12 min

How: Two players start from different gates, approach a loose ball and try to score. Keep challenges safe. Coach: Reaction, ball protection.

5. 2v2 Goal Festival • 8–12 min

How: Short games with small goals and plenty of balls ready to restart. Coach: Game understanding, joy.

COACHING LANGUAGE

“Which goal was open?” “Can you try another way?” “Great idea!” “What did you see?”

03 20 FINISHING DRILLS: U9–U12

6. First-Time Finish • 10–12 min

How: A wide player squares a gentle pass; the striker chooses a one-touch finish or adjusts feet to meet it. Coach: Technique and timing.

7. Escape the Cones • 10–12 min

How: Start between two markers, change direction to receive and finish. Coach: Get free of a marker.

8. Both-Foot Challenge • 10–12 min

How: Finish from alternating angles using left and right feet; prioritise placement over power. Coach: Two-footed confidence.

9. 1v1 to Goal • 10–12 min

How: Beat a defender in a short channel then shoot; rotate quickly. Coach: Courage and decisions.

10. Cross and Arrive • 10–12 min

How: Wide delivery from ground level; attacker runs into a central finishing lane. Coach: Arrival timing.

EASY PROGRESSIONS

Increase decision-making before increasing physical intensity: add a moving defender; provide two passing options; ask the player to scan before the ball arrives.

04 20 FINISHING DRILLS: U13–U15

11. Run Beyond • 12–15 min

How: Time a diagonal run behind a passive defensive line. Introduce offside rules gradually. Coach: Timing and depth.

12. Shoot Under Pressure • 12–15 min

How: Receive with a defender nearby, turn or set and finish within a small game area. Coach: Fast decisions.

13. Cutback Timing • 12–15 min

How: A wide player reaches the end line, passes back; supporting attackers arrive at different depths. Coach: Space and finishing choice.

14. Blindside Movement • 12–15 min

How: Begin outside a defender’s direct line of sight, move into a visible passing lane, receive and finish. Coach: Scanning and timing.

15. 3v2 to Goal • 12–15 min

How: Three attackers combine against two defenders, with a goalkeeper when available. Coach: Creating a clear shot.

KEY REVIEW QUESTION

“Did our movement improve the chance for somebody, even when the runner did not get the ball?”

05 20 FINISHING DRILLS: U16–SENIOR

16. Sprint and Strike • 12–20 min

How: Short acceleration into a receiving lane, control if needed, then finish. Coach: Precision after acceleration.

17. Press–Win–Finish • 12–20 min

How: In a small-sided game, transition immediately after loss and attack again after regaining possession. Coach: Pressing and composure.

18. 2v3 Counterattack • 12–20 min

How: Two attackers face three retreating defenders; score through timing and combination. Coach: Combination and risk choice.

19. Composure After Effort • 12–20 min

How: After a carefully controlled movement block, receive and shoot with technique intact. Coach: Decision-making under fatigue.

20. The Haaland Game Zone • 12–20 min

How: 5v5 with goalkeepers; observe runs and shot locations, then discuss choices. Coach: Transfer into match play.

Load management: Avoid unnecessary maximal repetitions. Keep a high technical standard, individualise rest, and adjust immediately if quality drops.

06 THREE READY-TO-USE PRACTICE SESSIONS

SESSION A • U5–U8 • 60 MINUTES

Activity	Minutes	Coach prompt
Ball play	10	What can your ball do?
Goal Thief	10	Find the open goal
Two-Goal Choice	10	Look before shooting
2v2 matches	15	Play and try things
Free play & wrap-up	15	What was fun?

SESSION B • U9–U12 • 70 MINUTES

Activity	Minutes	Coach prompt
Ball warm-up	10	Use both feet
Both-Foot Challenge	10	Aim before power
First-Time Finish	15	Adjust your feet
Cross and Arrive	15	When should you move?
Small-sided matches	20	See teammates

SESSION C • U13–SENIOR • 90 MINUTES

Activity	Minutes	Coach prompt
Dynamic ball warm-up	15	Scan and communicate
Runs beyond	15	Time the movement
Finishing under pressure	15	Assess options
Press–Win–Finish	15	React together
Match play	25	See the whole game
Reflection	5	One thing to improve

07 FOUR-WEEK DEVELOPMENT PLAN

Week	Theme	Suggested focus
1	Finishing foundations	Balance, both feet, first touch, controlled placement
2	Movement and scanning	Adjust starting position; time runs; connect with passer
3	Decisions under pressure	1v1, 3v2, defender pressure, cutbacks
4	Transfer to matches	Observe choices and teamwork in small-sided games

14-DAY HAALAND-INSPIRED CHALLENGE

Tick each day you complete. Scale repetitions, time and difficulty to age and fatigue.

☐ Day 01 10 comfortable finishes

☐ Day 02 Try each foot

☐ Day 03 Explore five different runs

☐ Day 04 Play 1v1

☐ Day 05 One-touch finishing

☐ Day 06 Play a small-sided game

☐ Day 07 Rest or light movement

☐ Day 08 Target accuracy game

☐ Day 09 Look before a pass

☐ Day 10 Finish after a dribble

☐ Day 11 Play 2v2

☐ Day 12 Pass, move, finish

☐ Day 13 Invent your own drill

☐ Day 14 Play and reflect

Reflection: Which attempt showed good movement? _____

What would I like to practise next? _____

08 PLAYER OBSERVATION & PRINTABLE WORKSHEET

Player / team: _____ Age group: _____ Date: _____

Area	Observed today	Next coaching cue
Scans before receiving	☐ Often ☐ Sometimes ☐ Not yet	_____
Moves to find a lane	☐ Often ☐ Sometimes ☐ Not yet	_____
Chooses shot or pass	☐ Often ☐ Sometimes ☐ Not yet	_____
Uses both feet	☐ Often ☐ Sometimes ☐ Not yet	_____
Supports teammates	☐ Often ☐ Sometimes ☐ Not yet	_____
Enjoys the activity	☐ Often ☐ Sometimes ☐ Not yet	_____

TRAINER REFLECTION

What worked well? _____

What was difficult? _____

One change for the next session: _____

PLAYER SELF-REFLECTION

I tried something new today: _____

I helped a teammate by: _____

I am proud of: _____

09 KNOWLEDGE QUIZ, ANSWERS & SOURCES

1. What is Haaland’s goal total in the dated Nov 2026 snapshot? _____

2. How many Norway appearances are in that snapshot? _____

3. What was the Denmark–Norway result on 17 November 2026? _____

4. How many goals did Haaland score in that match? _____

5. What is a first-time finish? _____

6. What is a cutback? _____

7. Why should players scan? _____

8. Why vary attacking runs? _____

9. Why use small-sided games with children? _____

10. Is goals scored the only measure of development? _____

ANSWER KEY

1. 68

2. 61

3. Denmark 2–3 Norway

4. Two

5. A shot with the first touch

6. A pass back from a wide/end-line position

7. To assess space, players and options

8. To create better passing and shooting opportunities

9. For involvement, decisions and enjoyment

10. No: movement, teamwork, learning and joy matter too

SOURCES & FACT-CHECKING

UEFA: Denmark vs Norway match page (17 Nov 2026)

FBref: Erling Haaland national-team match logs

Statistics as at 18 November 2026. Drill designs and coaching advice are FINTER original educational suggestions.

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