



Finishing - Rio Rapids U16 Girls

Category: Technical: Crossing & Finishing

Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
Danny Stone, Las Vegas, United States of America

WARM UP

Passing and receiving ball movement. Different types of player movement. Varying range of passing. Different types of passing. Dynamic stretching.



WHOLE

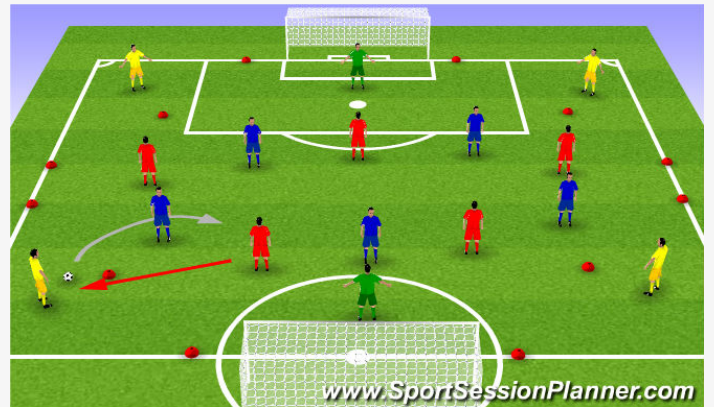
6v6+4Ns to goal. Ns in corner zones. 60x50 yard area.

Stress and encourage the positive attitude towards scoring goals. Positive, verticle thinking play when possible.

Use of Ns in wide areas will encourage crossing/finishing as well as central play to goal.

Progression:

- Defending team can defend against Ns in zones.
- Ns can dribble inside area after receiving ball.
- Add N on the field.



PART

Attacking overload game. 3v2 starting point. Increases one player at a time until 8v8.

Look at various ways to score goals, and when each might be more appropriate dependent on number of players on field, space on field, numbers up, numbers down etc: 1v1, combination play, shots from distance, cross/finish, ball in behind etc.

Look at choice of finish.



PART PROGRESSION

Attacking overload game variation with N. 3v2 starting point. Increases one player at a time from both teams until 9v7. Look at various ways to score goals, and when each might be more appropriate dependent on number of players on field, space on field, numbers up, numbers down etc: 1v1, combination play, shots from distance, cross/finish, ball in behind etc. Look at choice of finish.



WHOLE

7v7+2Ns to goals with central free zone. 60x50 area. 3v3+N in each half. Free zone is unopposed, attackers only. Team in possession work ball out from GK in defensive half and play into free zone/attacking half (5v3). Ns play anywhere. Players from attacking half move into free zone to show for and receive ball.

Progressions:

- Allow one player from defensive half to join attack when ball is played into attacking half.
- Allow defenders to defend in free zone after attacker takes a touch.
- Remove Ns and play 4v3 (outfield players) in each half.

