



## 08 / U10G - Close Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 06-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club  
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### Description

Close Range Finishing

Phase: Create Scoring Chances

Principle: Put Yourself in a Position to Score - Adjust Body Shape and Touch to Shoot

### 4v4+4 to Full Size Goal (WHOLE) (15 mins)

#### DESCRIPTION/ORGANIZATION:

\*Field size - 2 penalty boxes

\*4v4+4 with perimeter players limited to 2-touch

\*Yellow team attacking goal to start with white bumpers/outside players available to support play

\*When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense

\*Make it - take it

\*Coach plays ball into attacking team whenever goal is scored or ball goes out of play

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

#### COACHING POINTS:

\*Prepare your body to shoot - open body shape to see the ball and goal

\*Prepare the ball to shoot - receive across your body and take your first touch away from pressure and into the best position to shoot (proper distance from body to strike but not too far)

\*If you are well defended and can't shoot - pass to someone who can

\*When you don't have the ball but are on the attacking team - find a place where you can receive a pass and shoot

\*Follow-up shots and look to score rebounds

\*Deciding on type of shot/foot/surface to be used based on situation



### Technical Shooting in Penalty Box (15 mins)

#### DESCRIPTION/ORGANIZATION:

\*Attacker sets up next to mannequin/defender and fades off them to the side to get open

\*Pass delivered to attacker who takes a touch to break the defensive line to goal and finish with second touch

\*Passer replaces shooter and shooter replaces passer

#### COACHING POINTS:

• First touch that prepares ball and body to shoot - selection of shooting surface, weight and location of shot

• Movement of A making angle to receive & strike on goal.

• Look over inside shoulder whilst moving to receive, adjusting body

shape accordingly.

• 1st touch to break defensive line, attack center of goal and to set-up opportunity to strike at goal.

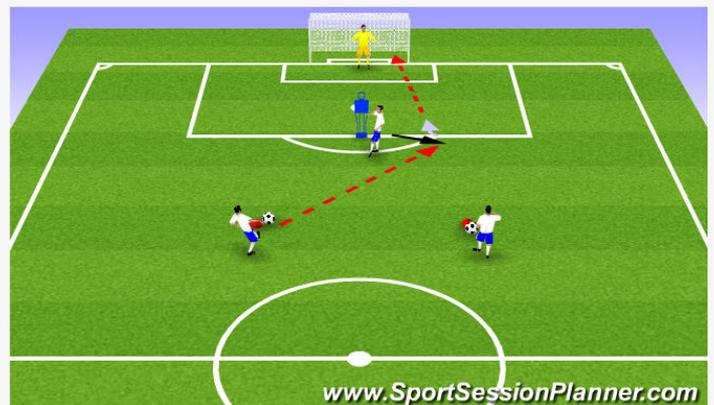
• Composure, accuracy & power are of paramount importance.

• Observe (if possible) position & movement of GK.

• Decide technique to employ to beat GK with strike.

• Execute contact with precision.

• Follow for second chance/rebound scoring opportunities



## 2v1 to Goal (PART) (15 mins)

### DESCRIPTION/ORGANIZATION:

\*2v1 to Goal in Both Directions

\*Player in center zone receives pass from wide area and dribbles into attacking zone to play 2v1 to goal

\*Play in both directions simultaneously - next play begins when both balls have either scored, gone out of bounds, been saved by the goalkeeper or won by the defender

\*Rotation of players - play pass, GK, defender, center zone, attacking zone

Variation:

\*If defender wins the ball or it is saved by the GK, they find the player in the central channel from their team who attacks in the other direction

\*If ball goes off the field, the next player from the opposite color starts with a pass to their teammate in the center zone

### COACHING POINTS:

- Attack center of the goal on the dribble - beat the defender if you think you can or draw defender to you and pass to open teammate (who must be aware of being in an inside position)
- First touch that prepares ball and body to shoot - selection of shooting surface, weight and location of shot
- Movement of supporting attacker to make an angle to receive & strike on goal.
- Supporting attacker plays with an open body shape so that they can see both the ball and goal and peeks over shoulder while moving to receive, adjusting body accordingly
- 1st touch to break defensive line, attack center of goal and to set-up opportunity to strike at goal
- Put the defender on your back when you get even or past them to cut off their recovery to goal
- Composure, accuracy & power are of paramount importance.
- Observe (if possible) position & movement of GK.
- Decide technique to employ to beat GK with strike.
- Execute contact with precision.
- Follow for second chance/rebound scoring opportunities



## Game to Full Size Goals (WHOLE) (30 mins)

### DESCRIPTION/ORGANIZATION:

\*7v7 including GK's to full size goals

\*All regular soccer rules

### COACHING POINTS:

\*focus on close range finishing ideas introduced in training session

\*review shape/plan to play out of the back when GK has possession of the ball

\*review kick-off and corner kick ideas

