



08 / U10G - Close Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 08-Sep-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Close Range Finishing

Phase: Create Scoring Chances

Principle: Create Space for Yourself Away from Defenders

Shooting Inside Penalty Area (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

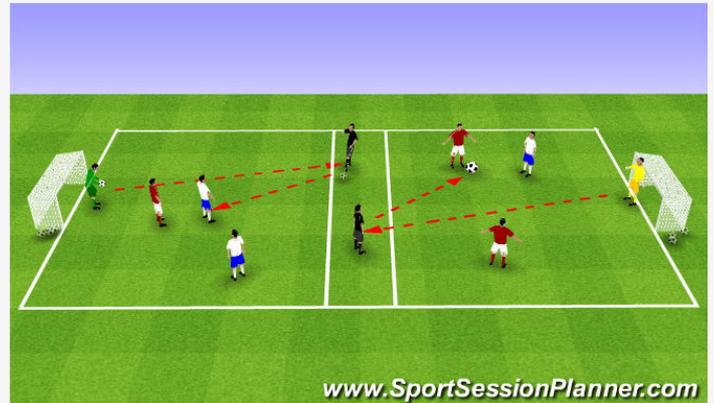
- 2 areas 30 W x 15 L separated by safe zone of approx. 5 yds, as illustrated
- 10 players (Incl. 2GK's), arranged 2 Attackers versus 1 Defenders in each penalty area.
- 2 Neutral players in central safe zone.
- Supply of balls with each GK.
- Offside line can be determined where appropriate (line drawn or normal rules apply)
- Practice starts with: GK serves ball to an N, who in turn, plays into either pair of forwards.
- Forwards look to combine and shoot from within designated attacking area.
- Defenders score to neutral players
- Change roles of players at appropriate time.

Variation:

- N can move into area to create 3v1

COACHING POINTS:

- N's looking for "best pass" into forwards and focus on pass selection and execution (ball must always be moving)
- Forwards looking to create space away from defenders to receive ball and shoot
- First touch that prepares ball and body to shoot - selection of shooting surface, weight and location of shot



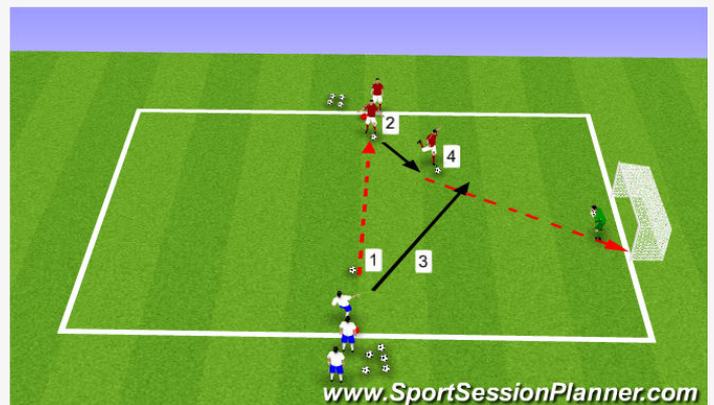
1v1 to Full Size Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *1v1 to goal to finish with arriving pressure inside the penalty box
- *Players start from two lines on opposite sides of goal
- *Defending player passes a ball to the other line, then sprints to defend
- *Player rotation: Defender, Attacker, Goalkeeper
- 1. Defending player passes the ball to the opposite line
- 2. The player takes his 1st towards the goal to set himself up for a shot
- 3. Immediately after the pass, defending player sprints to defend
- 4. Player shoots or takes on the defender

COACHING POINTS:

- *Aggressive 1st touch towards the center of the goal to set up shot and cut off recovery run of defender
- *Head up after 1st touch to decide if you have beaten defender to goal and can finish or if you will need to take them on quickly and beat them 1v1 to get to goal?
- *Quick peek to see how GK is positioned before the finish
- *Placement over power at close range
- *Solid contact on shot with inside of foot and follow through towards goal for placement - technical shooting fundamentals with inside of foot



2v1 Flying Changes to Goal (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*2v1 to 2 Big Goals

*Game starts with 2 attackers from 1 team and 1 defender from the other on the field

*When ball leaves field or scores - the defending team is immediately replaced by 2 attackers running on with a new ball and only the player who kicked the ball into the goal or off the field remains as a defender

COACHING POINTS:

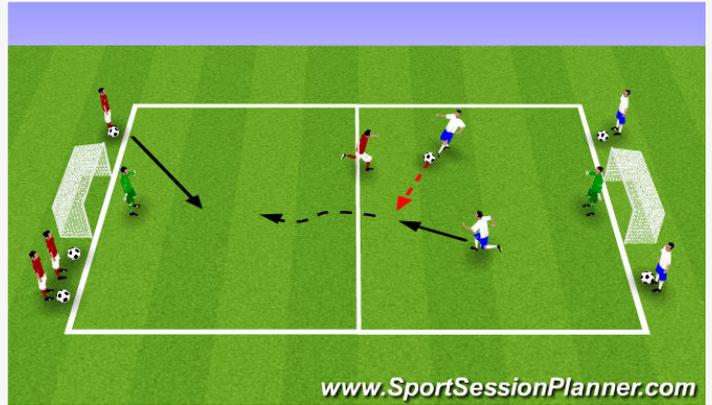
*Drive at defender on dribble to create 2v1 - don't allow defender to separate you from teammate and make it a 1v1

*Attacking player off the ball creates space for themselves or teammate- fade from defender or overlap

*When you get behind defender - drive to goal on dribble and cut off their recovery run

*How to prepare to shoot - prep touch and body shape/footwork

*Emphasize goal scoring mentality and rapid transition



4v4 to Full Size Goals (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

*4v4 to Full Size Goals with Goalkeepers

*35 L x 30 W Field

COACHING POINTS:

*Attacking mentality - thinking shot as your first option whenever you get the ball

*First touch and footwork/body preparation to execute shot

*Receiving ball faced up or on half-turn to be able to shoot

*Creating/finding space away from defenders to receive the ball to finish

*Selecting proper surface of foot to shoot, weight and placement of shots

