



08 / U10G - Close Range Finishing (Part Session)

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 23-May-2018 18:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Create Scoring Chances

Principle: Create Space for Yourself Away from Defenders

2v1 Flying Changes to Goal (WHOLE) (25 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:

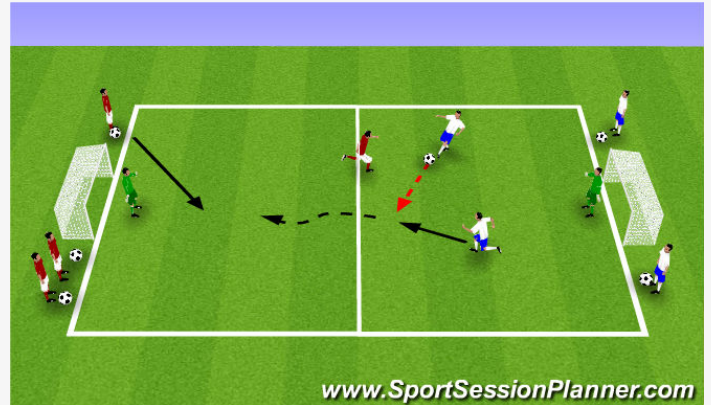
*Drive at defender on dribble to create 2v1 - don't allow defender to separate you from teammate and make it a 1v1

*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



West Ham Finishing (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

*4 teams of 3 players

*3v3 + 4 Target/Bumper Players on Endlines to Full Size Goals with Goalkeepers

*24 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

*How to use extra bumper/target players to create space for you or a teammate to shoot

*Using proper finishing technique based on distance from goal

