



08 / U10G - Close Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 14-May-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Create Scoring Chances

Principle: Create Space for Yourself Away from Defenders

2v2+4 to Goal (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*2v2 inside 24 yd wide x 20 yd long grid with two bumpers on the top and one on each side

*Two attackers score on the full size goal and can use any of the four bumpers/outside players to help get them in a position to score

*Two transition to attack by successfully passing to any of the four bumpers/outside players

*Bumpers/outside players restricted to 2-touch and can not shoot

*Rotate bumpers/GK with players inside grid

COACHING POINTS:

-Attackers 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

Fundamentals-

*look up to find GK and determine location for shot

*non-kicking foot next to the ball

*contact surface on foot - inside of foot for accuracy and laces for power

*ball contact location - middle of ball to keep ball on ground/low, bottom half of ball to lift,

*eyes on ball when you strike it

*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing),

*follow-through - towards target



Finishing Behind Defense (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*Winger changes speed to move from cone 1 to cone 2 to receive ball with open/surfer body shape, across body and faced forward

*Defender or center mid plays fast and smooth pass from 3 into front side of winger so that they can receive across their body and face forward with their first touch (don't let the ball roll by you)

*Forward makes properly timed run from 4 from onside position behind defender and build out line to receive pass from winger with body faced up and goes to goal alone on the GK

COACHING POINTS:

*Properly timed diagonal movement by attacker to receive ball behind defender from an onside position

*Take touch/dribble drive to center of goal so that you can finish to either side

*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 to Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*Same sequence as start of previous activity - winger makes run from cone 1 to 2 to receive ball from defender at 3 faced up to goal

*Defender A is live as player 3 passes ball - 2v1 to goal with winger and forward

Variation: Defender B is also live as player 3 passes ball for 2v2 with recovering defender

COACHING POINTS:

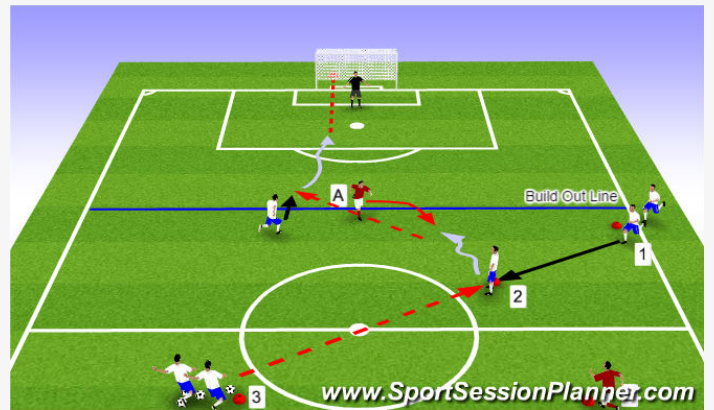
all of the previous plus:

*winger dribble drives to goal

- if defender commits to stop them then pass to teammate (who must be aware of build out line and offside law)

-if defender marks forward, dribble all the way to goal

*speed of play must be fast enough to prevent recovering defender from getting between the ball and the goal



3v3+1 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*3v3+1 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

*Using proper finishing technique based on distance from goal

