



08 / U10G - Long Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 02-May-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Create Scoring Chances

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

4v2 Long Shot on Goal (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*4v2 in penalty box size grid (12 yd wide x 24 yd long) at the top of the actual penalty box - players restricted to highlighted grid

*Numbers up team scores to full size goal and numbers down team scores to either of 2 small goals

*New ball starts from coach to numbers up team when ball is scored, saved or goes out of play

*rotate goalkeeper and numbers down players with numbers up team every 3 minutes

*set up 2 fields

COACHING POINTS:

*location and distance of 1st touch to set up shot with touch-step-strike rhythm - out from under body and slightly to the side of the foot you plan to strike the ball with

Fundamentals-

*look up to find GK and determine location for shot

*approach angle - more angle to loft, less angle to drive/spin,

*non-kicking foot slightly behind and to the side of the ball - further away to loft, closer to drive

*knees bent

*contact surface on foot - laces for driven, laces/inside for lofted,

*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



Power Shot - 1st Time (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*players split equally on both sides of goal behind endline - 1 line has soccer balls

*Player without ball runs around mannequin and to goal, player with ball times pass into space in front of them, runner attacks ball and strikes it first time for power into the net

*Shooter shags ball and goes to end of passing line - passer goes to shooting line

*Switch side that ball is passed from to work on ball striking with both feet

COACHING POINTS:

Fundamentals-

*non-kicking foot slightly behind and to the side of the ball

*knees bent

*hips facing goal

*contact surface on foot - laces

*ball contact location - bottom half of ball to lift into net

*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



Blast the Balls (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

- *2 equal sized teams on each side of tennis nets or 1/2 height full width goals
- *each side starts with the same number of balls as players
- *object is to blast the balls over the net onto the other teams side
- *play for a set time period (1-3 minutes) and winner is team with fewest balls on their side of field

COACHING POINTS:

Fundamentals-

- *non-kicking foot slightly behind and to the side of the ball
- *knees bent
- *hips facing goal
- *contact surface on foot - laces
- *ball contact location - bottom half of ball to lift into net
- *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



7v7 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *7v7 to Full Size Goals
- *50 L x 40 W Field
- *A goal scored from outside of the penalty box is worth 3 points

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 laces and proper technique for long range shots

