



06 Blue / U14B - Create Scoring Chances - Adjust Body Shape and Touch to Shoot

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 20-Sep-2019 16:45h

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

Description

Phase: Create Scoring Chances

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

Finishing Around Penalty Area (WARMUP) (20 mins)

DESCRIPTION/ORGANIZATION:

*Practice area 30yds in length, full width of pitch, incorporating penalty area with goal, as illustrated.

*Supply of balls with 1, 2 and S

*Passive defender stands for 1 & moves toward B on dribble drive

1) A touches ball past cone to shoot from distance in central area.

2) after shot, A moves into position as B dribble drives to goal to create give-and-go and shot for B

3) after shot, B overlaps and receives the ball from the S on their side of the field while A (slot or far post) and C (near post) make runs into the box to score off service from B

Rotation: A, B & C replace D & 2 S's

Variation: Defender at top of penalty box becomes live for A to shoot around, B to dribble drive at and wall pass around and to mark out one of the passing options in the penalty box on the service

COACHING POINTS:

*Consider power vs placement when shooting (power from distance - placement from close range)

*Observe position & movement of GK before deciding technique to strike at goal.

*Concentrate on excellent technique: body position/shape, foot work, 1st touch and arriving into position/timing of movement.

*Clean contact on ball with a chosen part of body or foot surface.

*Deliver crosses accurately, avoiding GK's intercepting range.



2v2 + 1/2 Finishing Activity (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

2v2 + 1/2 to 2 Full-Size Goals on 28 x 30 yard field

*Coach has two teams next to him/her in pairs at the midfield line on one sideline

*1 or 2 neutral players are in field of play

*When coach puts ball in play, the two pairs of players in the front of the lines sprint on to play 2v2+1/2 *if ball goes out of play or a goal is scored - coach immediately plays in new ball and new group of 2 pairs enter to play

COACHING POINTS:

*Goal scoring mentality - look for and take shots whenever possible

*Body shape open to ball and goal - pecking and quality of 1st touch to shoot ball when possible

*Recognizing how to cut off defender with dribble when you get behind them

*Close range finishing placement and reading of GK

*Rapid transition when ball goes out of play or goal is scored - emphasis on players being switched on



Numbers Up Finishing Pattern - 3v2 (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

3v2 to goal finishing patterns

*1 dribble drives at defender centrally, passes to 2, and then

bends run away to get into space vacated by 3 or around

*3 times diagonal run behind defense based on pass

*2 attacker plays the open pass behind the defense: 1) diagonal run if defenders don't collapse 2) overlapping run of 1 if defenders committ to diagonal run and ball

COACHING POINTS:

*Anticipate and adjust body (footwork, body shape, plant foot) and ball (first touch) to use proper type of finish to score goal given the situation

*Quality of passing *Timing of runs *Game like speed of play



6v6 + GK Phase of Play (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

6v6 with 4 defenders + 2 CM's scoring to targets between cone

and sideline and 9-10-7-11-6-8 attacking full size goal with 2

targets providing 2-touch support for attack as outside backs

*any goals scored or corner kicks start with ball at target

COACHING POINTS:

Focus on coaching burgundy team attacking full-size goal (rotate pertinent players halfway through)

*Goal scoring mentality - look for and take shots whenever possible

*Body shape open to ball and goal - peaking and quality of 1st touch to shoot ball when possible

*Deciding on type of finishing appropriate for the moment and concentrate on excellent technique: body position/shape, foot work, 1st touch and arriving into position/timing of movement.

*Observe position & movement of GK before deciding technique to strike at goal.

*Clean contact on ball with a chosen part of body or foot surface.

