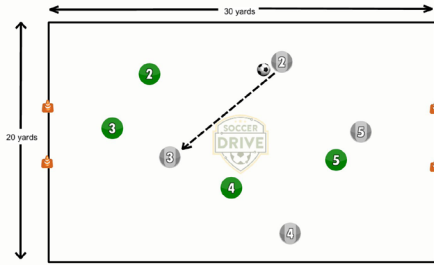




FINISHING AND SHOOTING

AGE LEVEL: U14 TIME: 60 MINUTES

PRACTICE PLAN



4 VS. 4 PLAY

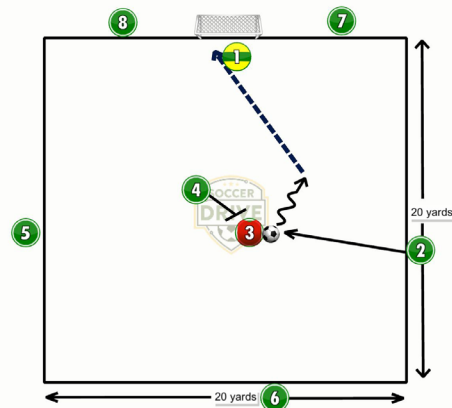
TIME 15 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



1 VS 1 TO GOAL

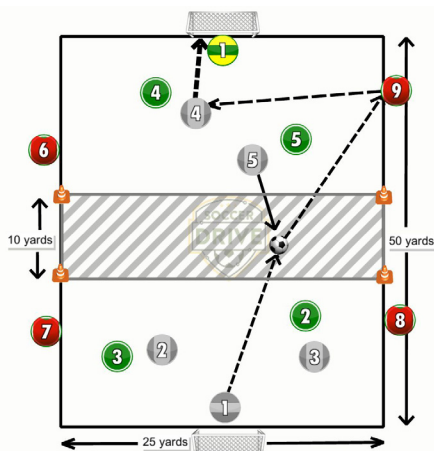
TIME 15 minutes

SETUP

- » In a 20x20yd grid, with a full size goal on one endline.
- » 4-5 players stand on the outside of the grid each with a ball at their feet. A goalkeeper is in goal.
- » Game starts 1v1 in the center of the grid. Decide which player is the attacker, and which is the defender.
- » Attacker receives a ball from a player outside the grid and tries to score with minimal amount of touches. Then receives a ball from another until all balls are used. Switch roles and play again.
- » Switch players in the center and play again.
- » Can make a 2nd field in order to get more players on the ball faster.

COACHING POINTS

- » Encourage players to strike the ball with as few as touches as possible.
- » Placement vs. Power. Discuss the difference between striking the ball with your instep vs. the inside of the foot.
- » Discuss aiming towards the far post, and shooting low. If GK saves, the ball is likely to rebound back into play.
- » Placement of shot should be based on placement of GK.
- » Get separation from defender, and get your shot off quick before pressure gets on you again!



2 VS 2 WITH NEUTRALS

TIME 15 minutes

SETUP

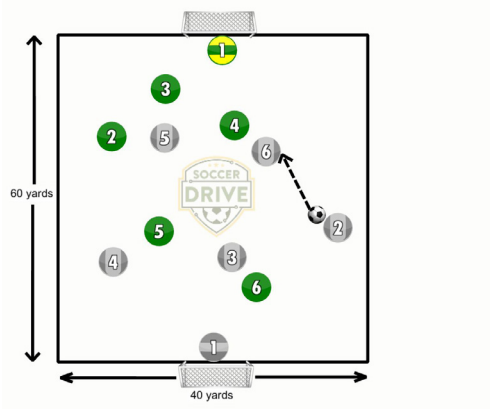
- » Area 25x50yds split into two halves (with a 10yd free zone in the middle).
- » Play 2v2 in end zone with neutral target players on the outside.
- » Play starts with goalkeeper.
- » Attacking player can drop into freezone to receive ball unopposed (but for no longer than 2 seconds).
- » If defending team wins possession, they can counter attack.
- » Target players are on the same team as the team with the ball.
- » Target players on outside have two touches, and can shoot if able.

COACHING POINTS

- » Encourage players to look to shoot first. If they can't, can they play a ball to someone who can?
- » Speed of play must be high.
- » Movement off the ball is important. Find space with your movements, and unbalance the defenders.
- » Placement vs power when shooting.



FINISHING AND SHOOTING



6 VS 6 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

COACHING POINTS

- » None! Just sit back and let them play. Can expand field for numbers.

END OF PRACTICE QUESTIONS:

- » What is placement vs. power? (hard shots are generally less accurate. Think about the proper part of the foot to use for each unique shooting opportunity. Are you far out? Are you close to the goal? Is the GK out of position? They all need different techniques to score).
- » Why is mobility important in the attacking 3rd of the field? (It helps unbalance the defenders. If you stand still, you are too easy to defend!)
- » Why should we look to shoot first when close to goal? (Space to shoot disappears quickly! If you have an opportunity to score, you need to take that chance first!)
- » Why is shooting on goal quickly important? (because space is tight in and around the 18 yard box. If you don't shoot quick when you have space, then a defender will pressure you fast and your opportunity will be gone.)