



FINISHING AND SHOOTING

AGE LEVEL: U16 TIME: 60 MINUTES

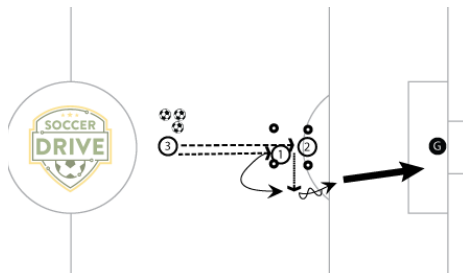
BARCELONA GIVE & GO SHOOTING DRILL

TIME 10 minutes

SETUP

This soccer drill emphasizes the ability to read the movements of your teammates and make quick and accurate passes based off of those movements. This drill should be a good one for U14 age level and U16 age level players.

Three players are involved in each repetition of this soccer drill. Set up four discs as shown in the diagram at about the top of the box. The line with balls should be about 10 yards out. The red player will start the drill by making a pass to the blue player. The blue player will receive the first pass and make a pass right back to the red player. The yellow player will then move to one of the discs and the red player needs to read their movement and make a pass to the blue player. The blue player needs to read the direction of the pass and open up for a shot on the side away from where the yellow player receives the pass. Be sure to refer to the animation for clarification of this soccer drill!

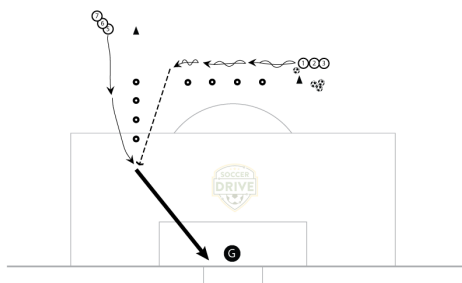


THROUGH BALL PASSING & FINISHING DRILL

TIME 10 minutes

SETUP

This drill works on players using touch and timing to create a scoring chance. Player #1 starts with a ball and dribbles it across the top of the box inline with the cones laid out by the coach. Player #2 will start deeper in the field and time their run vertically down the field towards the net and stays on the outside of the cones laid out by the coach. Player #1 will pass the ball to space so player #2 can run into the ball and is in a good position to take a shot on net of their first or second touch of the ball.

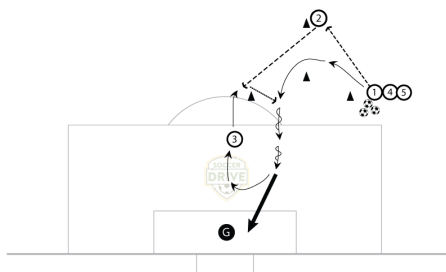


CONTINUOUS ONSIDE RUNS

TIME 10 minutes

SETUP

This drill is a good drill for working on onside runs. It requires timing, awareness, and passing accuracy. Three players involved in each repetition will need to work together. Set up cones as shown in the diagram and place the soccer balls with line #1. The first player in line #1 will pass to player #2 and then time their run around the cone and time their run to receive a pass from player #3 as they run towards the net. When player #2 receives the ball player #3 should be running towards player #2 and receive the pass in an onside position. Then player #3 should play the ball to space where player #1 can run into the ball and take a shot on net.

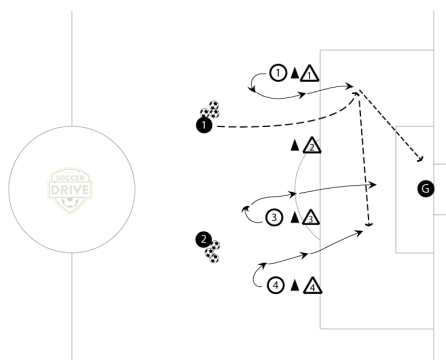


TIMING RUNS

TIME 10 minutes

SETUP

Set up the drill with two passers (or coaches) as shown with an abundance of soccer balls. Place four markers just outside the 18 yard box (as shown) and place players at each set of cones. When it is the Passer #1 playing the ball then lines 1, 3, and 4 will get activated. They time their run to stay onside. The passer can play the ball to any of the players and the players can choose to shoot off of one touch or pass across the box. The second player in each line will be a passive defender and used to help the players pay attention to off-sides.





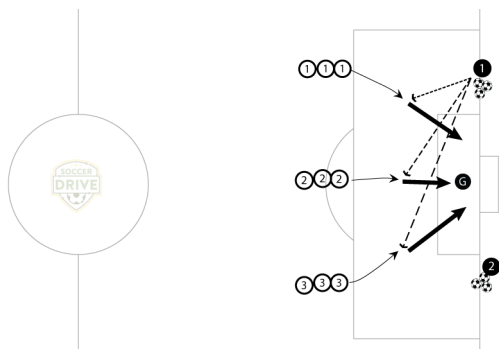
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ABC REACT GOALKEEPER DRILL

TIME 15 minutes

SETUP

This goalkeeper drill works on the reaction and quick decision making of the goalie. Place two passers on each side of the net between the 6 and 18 yard boxes with plenty of soccer balls. Three lines are placed just outside the 18 yard box as shown in the diagram. The drill will alternate so the passers take turns making the passes. The passers can choose to pass to either player A, B, or C and they can play it to the feet or head of the player. The shooters must play the ball on net with one touch whether it is the head or the feet. The goalies must react to the pass and decide on how to play each shot.



3 VS. 3 TRANSITION GAME

TIME 20 minutes

SETUP

This is a fun soccer game played inside the 18 box. It encourages play making, creativity, and ball control. The game requires two teams of three players and one goalie. To start, the coach puts a ball into play somewhere in the 18 box. In order to gain an opportunity to shoot on net the team must make a pass to the coach. Once a team makes a pass to the coach they become the attackers while the other team defends. The coach has to give a pass back to the team that passed them the ball. If the ball goes out of the 18 box the coach plays a new ball into a neutral area in the box.

- » Variation #1: Play with no off-sides penalty
- » Variation #2: Players must stay on sides when on offense

