

Milton YS – Week 8: Finishing

Category: Technical: Shooting

Difficulty: Beginner



Hermes Lima Soccer Academy, Quincy, United States of America

Welcoming Scrimmage (15 mins)

Welcome Scrimmage / Play-Practice-Play Methodology -

US Soccer would like us all to use a new practice methodology the season. It's called Play-Practice-Play. The idea is to get the players playing as they arrive by getting them going in a game. As players arrive, we add to the game until we get to 3v3, 4v4, up to 7v7. This method serves the players and coaches by:

1. Getting the kids playing right away. Their favorite part of the practice.
2. Allow for everyone to show up before we start the practice activity or lesson for the day.
3. Get some energy out before the lesson starts and to help players be more attentive to during the lesson.

You should play for 15 minutes and then get into the two training activities before ending the practice with another scrimmage.

On some days you can do a full field scrimmage and on other days you can do 2v2 or 3v3 scrimmages. It doesn't always have to be the same each week. The key is just to get them playing at the start. Need at least 2 players to get the game going then add players to a team as they arrive.



Shooting Range (15 mins)

Shooting Range: To familiarize players with Instep Drive Shooting technique (Laces)

Set Up:

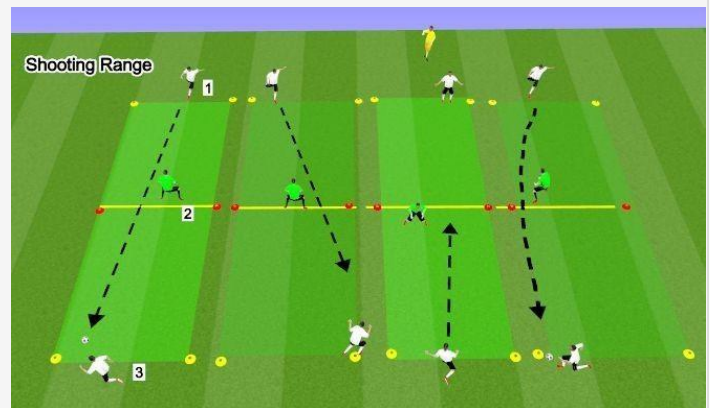
40 x 25-yard area split into 4-5 channels with 4-5 goals shown with yellow line.

Organization:

Split players into threes with 2 shooters and a goalkeeper in the middle. Players will take turns shooting back and forth until each shooter has shot 5 times then we will switch the GK's so that everyone gets a turn. Player Best of 5 games each round and if you win you get a point. Move players around to other groups if desired after everyone has been a goalkeeper. Coach will walk around helping players use the correct technique as play resumes.

Coaching Points:

- Get head up to pick your spot
- Keep your eyes on the ball before you kick it.
- Use your laces by pointing your toe down and locking your ankle.
- Non-Kicking foot should be placed next to the ball and aimed to the location you want to shoot.
- Chest/knee over the ball on contact.
- Players can shoot with push pass as well when needed.



Finishing Circuit (15 mins)

Warmup/Technical Finishing

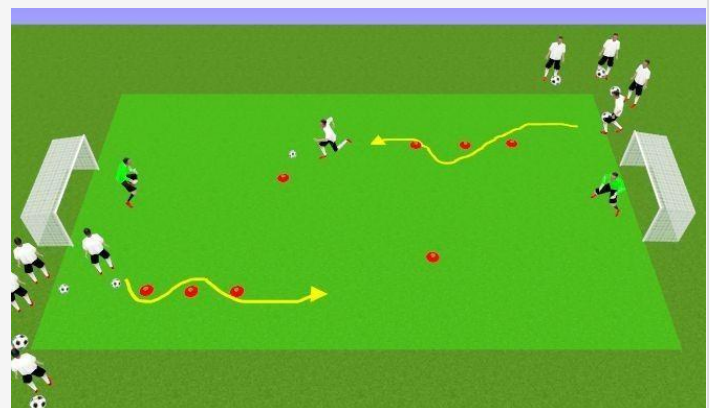
25x25

Coaching Points: -Proper technique of shooting.

-Good quick touches through the cones.

- GK doesn't stay planted on the line.

- GK basic hand position



Fun Finishing Game (15 mins)

Shooting with Transition:

To allow players a chance to shoot with and without pressure from defender. If you do not have two goals, then make a goal with cones.

Organization:

-see diagram for set-up and equipment

-area approx. 25x20 yards

-Player A dribbles across the field to finish into the goal (must shoot before cone line) and immediately becomes the defender. -That is the trigger for Player B to attack the big goal in a 1v1 situation. If defender wins ball, they can dribble into end zone for bonus point.

-A then becomes keeper in Goal A, GK in Goal A joins line B, B becomes GK in Goal B, and Goal B GK joins line A. So, goalies switch with each pair.

You can put half the players in vests and create a game. First team to score 8 goals wins.

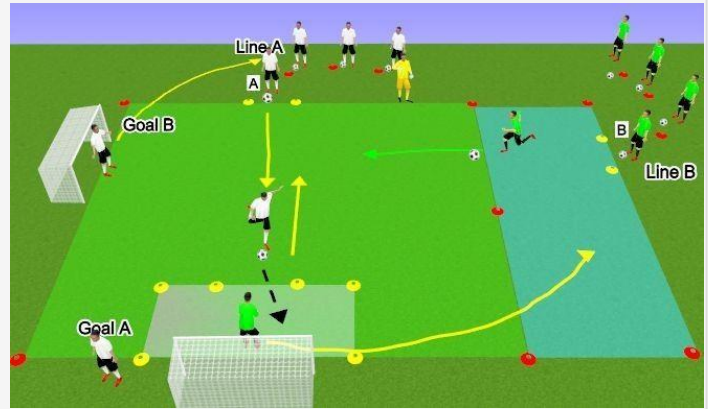
Coaching Points:

-good touch out of feet to run with ball at speed

-accurate finishing

-close control and dribbling/move if challenged by defender

-quick transition from attacking to defending



2v1 - Big Goals (15 mins)

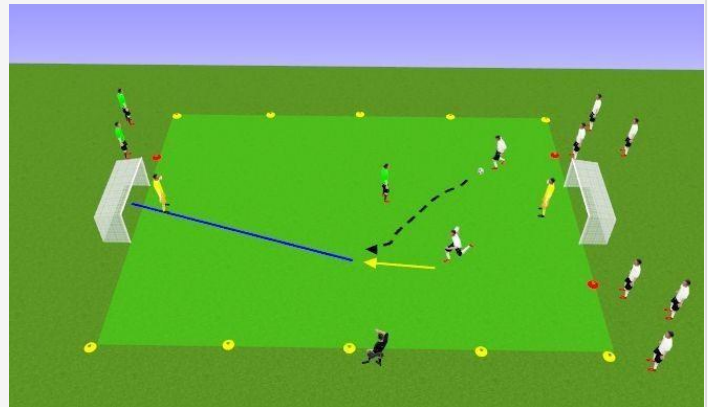
2v1 to Goal -30x30

Players work together to attack the opposite goals. If the defender wins the ball, they may shoot to score or can pass the ball back to their goalkeeper to win a point. Players attacking can score points by scoring goals. Keepers get a point for every save made. Rotate players through different roles so that everyone gets a chance to play attack and defense.

- Recognizing when to pass, dribble, or shoot

- Reading defenders position and movement

- GK comes off the line to take angles away



3v2 to goal (15 mins)

Use an approximate grid 30x25, where players are split into two teams. The attacking team is defending two small gates and has three

players while defending team has two. The defending team is defending a big goal and score by passing through either counter gate

Coaching Points:

- Positive/aggressive first touch to engage defender.

- Once the defender is drawn to the ball, then look to pass.

- If the defender takes away the passing option, the attacker must dribble.

- Good vision to recognize when to pass, when to dribble or when to shoot

- Players off the ball must move to get open and penetrate with forward movement

- Good shooting technique / Placement over power

