



07 / U11B - Finishing - Long Range Finishing

Category: Technical: Shooting
Difficulty: Moderate

Am-Club: Rio Rapids Soccer Club
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Description

- Create Scoring Chances
- Create space for yourself
- Adjust your body and touch to shoot

Mourinho Boxes (15 mins)

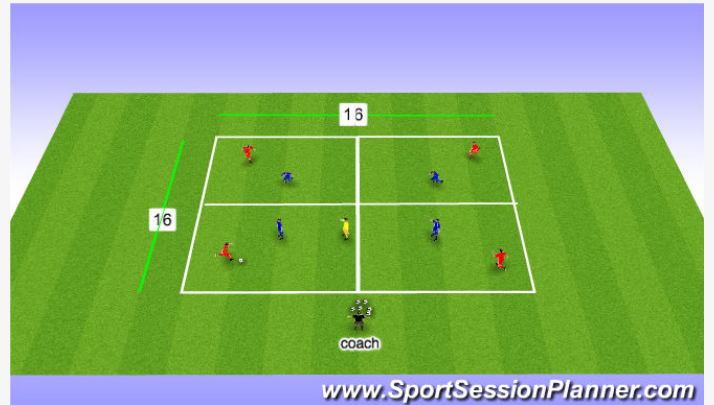
DESCRIPTION/ORGANIZATION:

4v4 plus 1 (yellow). Each red and each white player assigned to one of four quadrants (8x8 yards). Neutral (magic) player can travel in any of the 4 quadrants. Possession game.

Variation: 2v2 in the quadrants (open them up to 10x10 instead of 8x8)

COACHING POINTS:

- * Instruct the playmaker (yellow) to show at right time, correct angle and body shape.
- * In possession, make quadrant as big as possible.
- * If marked, take defender away then check to
- * If defender doesn't mark, work off shoulders of defender to get ball near edges of area
- * Work smarter, not harder
- * Technical--quality of first touch
- * Checking shoulder all the time (yellow)
- * Awareness of situation in other quadrants



4v4 long range finishing (20 mins)

DESCRIPTION/ORGANIZATION: 50 long by 40 wide. 3 players must stay in defending half. One player must stay in attacking half. Goal from forward player = 1 point. Goal from own half = 3 points. Goal from long shot plus strikers deflection or goal from rebound = 5 points.

COACHING POINTS:

- * Anticipate, body ready to shoot
- * Preparation touch out from under body
- * Arms out for balance
- * toes pointed down to lock ankle
- * Plant foot next to ball
- * Drive through center of ball
- * Follow through with whole body, land on kicking foot
- * Engage core
- * See defender's position, goalkeeper's position
- * Striker, active, alert, on offside line. Looking to get in line of shot. Looking for rebound



Crookham's Combos to goal (15 mins)

DESCRIPTION/ORGANIZATION: Part. Crookham's Combos to goal. Everything in this exercise is one-touch. All cones are 8 yards away from the next cone in the sequence. Player A passes to feet of player B. Player B sets for player A. Player A passes to feet of player D. Player D lays off centrally to player C. Player C shoots left footed. Rotation: A becomes B. B becomes D. D becomes C. C, after shooting, gets the ball and returns to back of line 2. As player C shoots. Line 2 mirrors same sequence as line 1.

Variation: Next diagram has the variation

COACHING POINTS: Same inside of foot passing technique points as above. Timing of run from player C shot that there isn't much time between D's layoff and C's shot.

Player D's layoff should be left-footed in line 1 because it allows him to protect the ball from a marking defender. The same is true for line 2 (this time right-footed).

Tempo

Reading the movement of the ball and teammates

Eye contact

Focus



Finishing: instep drive low near post, OR inside of foot low to the far post
Balance
Follow through to target with whole body
Strike through middle of ball
Engage core

6v6 (or 4v4) plus gkers to goal (15 mins)

DESCRIPTION/ORGANIZATION:

50 long, 40 wide. 6v6 plus keepers. Play soccer. Only special rule, if you score from 25 yards that goal counts for 3.

2-3-1 Formation.

COACHING POINTS:

- *Same coaching points
- *Understand when you are truly open to shoot from long range, attack the ball/space quickly
- *Look for space to receive and shoot
- *Decisive, confident, aggressive when moment comes
- *Test keeper

