



08 / U10G - Long Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 11-Oct-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Long Range Finishing

Phase: Create Scoring Chances

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

2 Zone Shooting Game (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- 36 yds wide x 24 yards long with goals at each end & half-way line marked at top of penalty box
- 14 players (incl. 2 GK's), working in 2 teams of 6, organised 4 Defenders v 2 Attackers in each half
- Practice starts with: GK rolling-out to D, who combines with team mates against 2A's to create an opportunity to shoot at goal from defensive half.
- 2A's in attacking half, look for rebounds & deflections to score.
- GK restarts activity whenever ball goes out of play - based on which team would have earned possession

COACHING POINTS:

- *Goal scoring mentality - can I shoot?
- *Move the ball quickly in 4v2 half off the field always looking for opportunity to take long range shot - always prepare ball to set up shot, and if you can't shoot then pass
- *Body shape open to ball and goal - quality of 1st touch - ball striking technique
- *Attacking forwards always looking for rebounds to score when ball is shot
- *Defenders focused on blocking shots



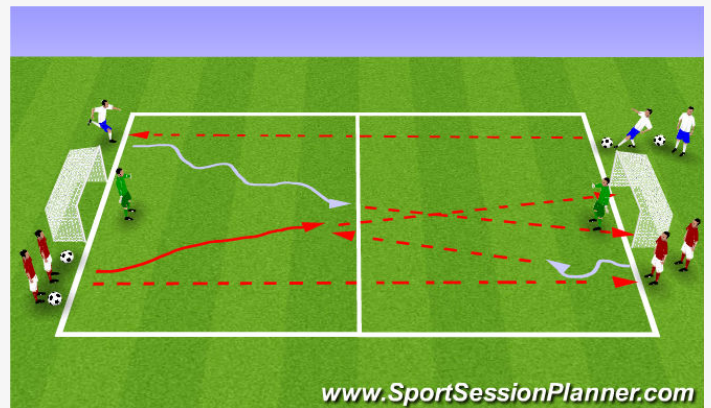
Shooting Variations - Outside Penalty Box (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- * 2 penalty box long field with mid-line as top of the penalty box
- 1) player passes across to teammate who dribbles at speed to goal and shoots just outside penalty box:
 - a) straight at keeper on ground
 - 2) straight at keeper in air
 - 3) to score
- 2) player passes across to teammate who dribbles up field as player making the pass shows underneath them to center of field - dribbler sets them up with pass for first time shot
- 3) Players on one side of the goal have balls (not one end) - player on diagonal checks for ball and is played a pass as they cross top of box-turn with 1st touch then shot on 2nd

COACHING POINTS:

- *Crisp and accurate passes on the ground to shooter in 1) and friendly back pass for shooter in 2)
- *Dribble at speed to goal and take preparation touch out to the side of shooting foot
- *Strike ball with laces for power - plant foot next to ball and follow-through to target
- *Ball under body when you strike it
- *Make sure you get a touch during turn/shot sequence - don't just let the ball run by you



7v7+1 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*7v7+1 to Full Size Goals with no GK's

*Goal must be scored on the fly - hits the net before it hits the ground

*40 L x 36 W Field

COACHING POINTS:

*Attacking mentality - thinking shot as your first option whenever you get the ball

*First touch and footwork/body preparation to execute shot

*Receiving ball faced up or on half-turn to be able to shoot

*Creating/finding space away from defenders to receive the ball to finish

*Using laces and proper technique for long range shots

