



08 / U10G - Long Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 13-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

Long Shot Facing Goal (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*2 equal sized teams set up as in diagram with player from opposite team in goal

*Player 1 passes to player 2 who takes 1 touch to prepare ball and then shoots from outside of penalty box with 2nd touch

*GK makes long overhand throw to teammate and follows pass to #1

*#1 follows pass to #2 and #2 follows shot to back of line of teammates next to goal

*GK replaced by player from other team

Variations: 1) receive across body and strike shot with same foot

2) receive across body and strike shot with opposite foot

*make it a competition between the 2 teams to score the most goals

COACHING POINTS:

*location and distance of 1st touch to set up shot with touch-step-strike rhythm - out from under body and slightly to the side of the foot you plan to strike the ball with

Fundamentals-

*look up to find GK and determine location for shot

*approach angle - more angle to loft, less angle to drive/spin,

*non-kicking foot slightly behind and to the side of the ball - further away to loft, closer to drive

*knees bent

*contact surface on foot - laces for driven, laces/inside for lofted,

*ball contact location - middle of ball to keep ball on ground/low, bottom half of ball to lift,

*eyes on ball when you strike it

*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing),

*follow-through - towards target



Long Shot off Turn (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*2 equal sized teams set up as in diagram with player from opposite team in goal

*Player 1 passes to player 2 who takes 1 touch to turn the ball and then shoots from outside of penalty box with 2nd touch

*GK makes long overhand throw to teammate and follows pass to #1

*#1 follows pass to #2 and #2 follows shot to back of line of teammates next to goal

*GK replaced by player from other team

*experiment with different types of turns

*make it a competition between the 2 teams to score the most goals

COACHING POINTS:

*post up defender with a side-on/surfer body shape

*get a touch to turn and seal the defender to set up your shot

*strike shot with the foot away from the defender

*don't just let the ball run by you - get a touch to change the direction of the ball

Fundamentals-

*look up to find GK and determine location for shot

*approach angle - more angle to loft, less angle to drive/spin,

*non-kicking foot slightly behind and to the side of the ball - further away to loft, closer to drive

*knees bent

*contact surface on foot - laces for driven, laces/inside for lofted,

*ball contact location - middle of ball to keep ball on ground/low, bottom half of ball to lift,

*eyes on ball when you strike it

*accelerate through contact with ball to generate power/increase passing range (use of upper body/arms for balance, proper backswing),



4v4+2 to Full Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *4v4+2 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

