



08 / U10G - Long Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 25-Apr-2018 16:45h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Create Scoring Chances

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

4v2 Long Shot on Goal (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*4v2 in penalty box size grid (12 yd wide x 24 yd long) at the top of the actual penalty box - players restricted to highlighted grid

*Numbers up team scores to full size goal and numbers down team scores to either of 2 small goals

*New ball starts from coach to numbers up team when ball is scored, saved or goes out of play

*rotate goalkeeper and numbers down players with numbers up team every 3 minutes

*set up 2 fields

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

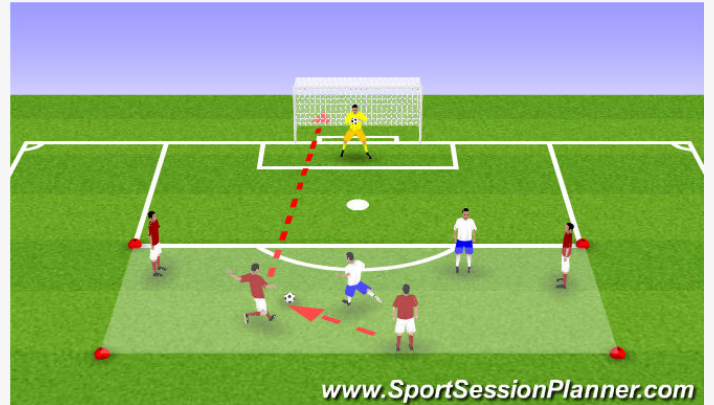
*contact surface on foot - laces for driven, laces/inside for lofted,

*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),

*follow-through - towards target



1v1 to Create Long Shot off Turn (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *1v1 match-up just outside of the penalty box
- *ball passed into attacker who is facing away from goal and must find a way to turn on defender and get shot off outside of penalty box
- *next pass comes from opposite side
- *rotation - passer to attacker, attacker to defender, defender to goalkeeper, goalkeeper to passer

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
- *non-kicking foot slightly behind and to the side of the ball
- *contact surface on foot - laces for driven
- *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



7v7 to Full Size Goals (WHOLE) (15 mins)

DESCRIPTION/ORGANIZATION:

- *7v7 to Full Size Goals
- *50 L x 40 W Field
- *A goal scored from outside of the penalty box is worth 3 points

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

