



08 / U10G - Long Range Finishing

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 30-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 Ball

3v3+2 to Full Size Goal (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

- *Field size - penalty box
- *3v3+2 perimeter players limited to 2-touch
- *Yellow team attacking goal to start with white bumpers/outside players available to support play and to shoot
- *When burgundy team wins the ball, they must successfully complete a pass to an outside player - when they do, they transition to attack with yellow transitioning to defense
- *Make it - take it
- *Outside players play ball into attacking team whenever goal is scored or ball goes out of play
- *Outside players may move anywhere along the top of the penalty box - they can only shoot when the attacking team passes the ball back to them
- *Rotate outside players plus goalkeeper with one of the teams of 3 inside the field after player 2-3 minutes

Variation: 3-team flying change-when defending team plays to outside players they immediately enter to attack with the ball, defending team replaces outside players and attacking team immediately defends

COACHING POINTS:

- *Prepare your body to shoot - open body shape to see the ball and goal
- *Prepare the ball to shoot - receive across your body and take your first touch away from pressure and into the best position to shoot (proper distance from body to strike but not too far)
- *Movement to create space to receive the ball and shoot - a place where you have a path to goal
- change speed: explosive and unexpected movement to get into an open space



Long Range Shot off Dribble (PART) (25 mins)

DESCRIPTION/ORGANIZATION:

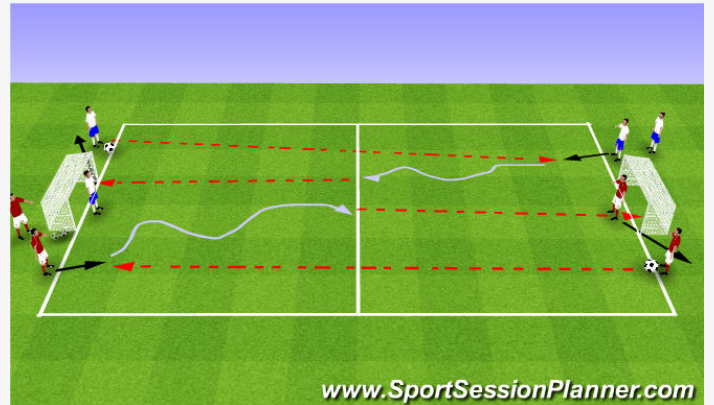
- *player with ball on each side passes with laces on the ground to teammate opposite who dribbles at speed to goal and shoots just outside penalty box with laces: 1) straight at keeper on ground 2) straight at keeper in air 3) to score
- *player dribbling from right of goal shoot with left and player dribbling from left of goal shoot with right
- *rotation: passer moves to shooter line, shooter becomes goalkeeper, goalkeeper takes ball and goes to server line
- *switch direction ball is played after set period of time so that players work on ball striking with both feet

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



4v4+1 to Full Size Goals (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

- *4v4+1 to Full Size Goals with no GK's
- *Goal must be scored on the fly - hits the net before it hits the ground
- *24 L x 32 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

