



U11-U12 Passing Finishing (2) - J. Sells

Category: Technical: Shooting

Difficulty: Moderate

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

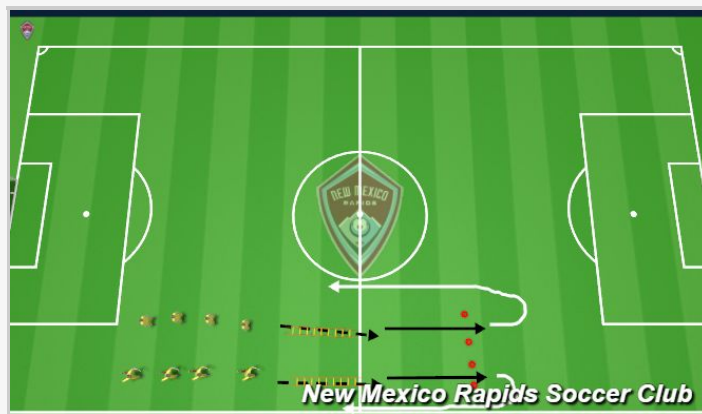
Activation: Agility Ladder (10 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



Passing Combo w/ Finishing (15 mins)

DESCRIPTION/ORGANIZATION:

A. Player 1 passes to player 2- Player 2 positions himself "to the left" to receive the ball.- Player 1 kicks the ball with the inside of the right foot.- Player 2 is open to receive the ball with the inside of the right foot. B. Player 2 passes to player 3- Player 3 positions himself "to the left" to receive the ball.- Player 2 kicks the ball with the inside of the right foot.- Player 3 stands open to receive the ball with the inside of the right foot. C. Player 3 takes open and finish at goal Player 3 takes the ball towards through cones at speed to shoots at goal from the line

Variations:

Passing combinations on sticks (short, short, long & Double pass)

Coaching Points:

- Maintain speed after receiving the ball, to execute the next move.-
- Receive standing open, in the direction of play
- Pass the ball with the correct speed and on to the correct foot.
- Follow through of the kicking leg.



Rapids Fire Shooting (15 mins)

DESCRIPTION/ORGANIZATION: Rapid Fire Finishing

Player work on shooting technique and ball control. Player shoots the ball (B) and then immediately transition to goalie (C). As soon as A player strikes the ball D player can begin their dribble out to shoot.

Each line needs to have players and multiple balls.

*Coach within the flow and instruct proper shooting technical; balance, toe down, ankle locked w/ follow through to target, etc...



DESCRIPTION/ORGANIZATION

This practice form is executed with 2 teams of 5 players + N and 1 keeper (or 2 GK's), who play against each other. Each team defends one goal. The goals are placed back-to-back in the center of the pitch. The team to score in the opponent's goal is awarded 1 point.

Variation:

if a team is good at playing high balls, then add the restriction that highballs are not permitted, or vice versa if they have not yet mastered high balls.

