



## U17-U19 Passing & Finishing

**Category:** Technical: Attacking skills

**Difficulty:** Difficult

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

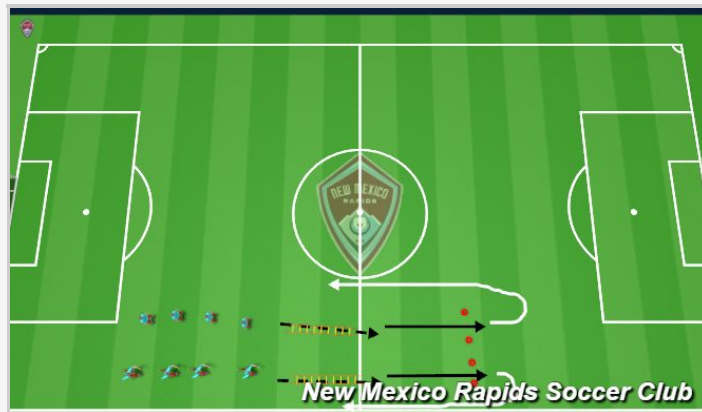
### Activation: Agility Ladder (15 mins)

**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 (20 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.

Variation: Add Chasing defender that can defend once player receiving and shooting takes their 1st touch



### DESCRIPTION/ORGANIZATION

6 attackers + N keep possession against 6 defenders + GK's by a combination of passes or an individual action, followed by scoring in the opponent's goal. After taking possession the defenders may then follow by scoring in the opponent's goals.

Attention! If the ball goes off the field the coach plays a new one in. No more zones. Players are free to move anywhere on the field of play.

#### \*Variation:

- Teams defend one goal each
- 3 consecutive passes before you can score in ether goal
- 1 touch finishes only (advanced).
- Short competitive matches.

#### Coaching Points:

Coaching attack:- Team-play from a 1-3-1-2 formation.- Spread out when in possession.- Don't go off-side.- Making choices on the ball( 1:1 or pass)- Taking into account that you switch by loss of possession and taking attacking position. Coaching defense:- Tightening position where necessary.- Make use of off-side rule.- Coaching each other. (the last player should take the initiative)- Be prepared to switch position after taking possession. Transition moments critical!- \*Enough balls around the field, HARD & SHARP coaching.



### GK+4-2-3 vs. 4-2-3-1 to Goal & Counter Goals (30 mins)

#### DESCRIPTION/ORGANIZATION:

8 attackers/mid fielders (2-2-3-1) create chances by team-play on large goal. The 7 defenders/mid fielders + keeper (GK-4-2-1) can then score by passing the ball through one of the small goals. This drill always starts with the attackers and coach service.

Midfielders/attackers by attacking coaching:

- Bringing the mid fielder into play.
- Keeping the two outside players as wide and forward as possible. (7+11)
- creating a 2 to 1 situation or overloads in various thirds.

Midfielders/attackers by loss of possession coaching:

- tightening position where necessary.
- Coaching each other when defending (the last player should take the initiative)
- Putting direct pressure on the ball. Getting heads down.

