



U9-U10 Passing Finishing (1) - J. Sells

Category: Technical: Attacking skills

Difficulty: Moderate

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...



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...



5v5 + 2 Hockey Style (45 mins)

DESCRIPTION/ORGANIZATION:

Five attackers keep possession against 5 defenders + 2N by a combination of passes or an individual action, followed by scoring in either goal. After taking possession the defenders may then score by scoring in either goal.

Attention! If the ball goes off the field the coach restarts the game.

***Variation:**

-Teams defend one goal each

-3 consecutive passes before you can score in ether goal



Three Is a Crowd (10 mins)

DESCRIPTION/ORGANIZATION:

The players form pairs, standing beside each other. The pairs are spread out over the entire square. Two players, one runner and one who is "it" do not form a pair. The runner tries to avoid "it" and can "free" himself by standing in front of to a pair. The player who is then at the back of the trio becomes the new runner, who must be tagged.

*Variation: Play with group laying on the ground on their stomach. Attention! A tagged player immediately becomes "it".

COACHING POINTS:

-Change of Direction and Speed

-Vision

-Tagger angles of play

-Players need to be turned on!

*Can also be played with player lying on their stomachs in two's.

