



U5-U8 Passing Finishing (1) - J. Sells

Category: Technical: Shooting

Difficulty: Moderate

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

Description

Improve shooting and passing.

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...



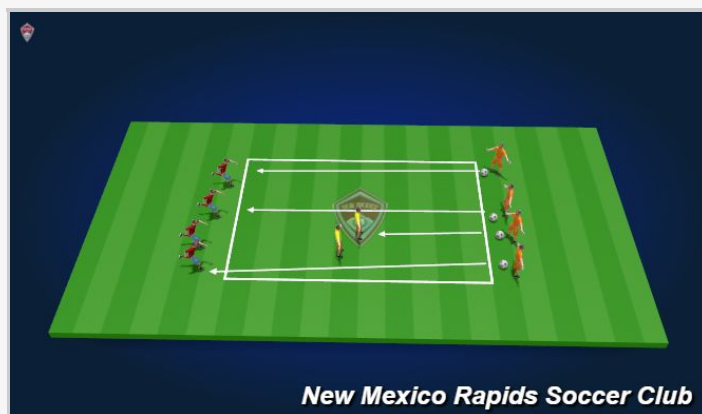
Interceptor (15 mins)

DESCRIPTION/ORGANIZATION: Interceptor

COACHING POINTS:

Pairs, with one ball per pair, stand opposite each other with a defender in the middle. The pairs pass the ball to one another and the defender tries to intercept the ball. Change defender after 3 interceptions.

Variation:- Increase the number of interceptions. - Use multiple defenders.



Dribble Course w/ Finishing (20 mins)

DESCRIPTION/ORGANIZATION:

The players slalom the whole course dribbling the ball then finish.

Variation in positioning to receive:- Vary the execution speed.- Vary the distance between the cones. - Execute the drill in competition form.



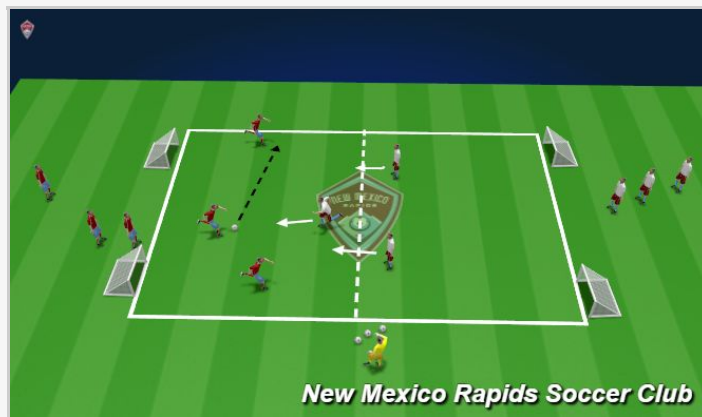
1v1 - 3v3 Counter Goal Soccer (25 mins)

DESCRIPTION/ORGANIZATION:

- 1v1 grid 20L x 15w. Grid increases in size w/ more numbers.
- 2 teams and coach has soccer balls
- Coach plays to team attacking 2 goals. Cannot score until you are in your attacking 1/2. Def. can counter and score anytime once possession is won.

COACHING POINTS:

- Attack the ball as it's passed
- Go at speed at defender
- Making a move/change direction as you approach defender. Look to attack defender's front foot.
- Change of pace and finishing after beating defender
- Defender needs to come in at angle (channel) attacker.
- Defender: staggered and low stance



Coaching Practice Review and Reflection