



U5-U8 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

Description

Improve technical passing and finishing.

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...



Shoot The Square (10 mins)

DESCRIPTION/ORGANIZATION:

2 teams, consisting of multiple players with a ball, stand at the first cone. A. The players must dribble the ball from this point to the second cone. B. Then they must kick the ball into the square in 1 shot. If a player succeeds, he earns 1 point. Once they shoot the square they must sprint out and dribble the ball back to the next player in line.

Attention! Dribbling and kicking must be performed in one motion.

*Variation:

-Make is a relay race with teams! The team with the most points is the winner.

- Kick the ball and return it prior to it stopping in the square.

- Increase/decrease the dimensions of the square.-

Increase/decrease the distance to the square



Rapids Box - Technical (10 mins)

DESCRIPTION/ORGANIZATION: 4 lines of 3 players in each line.

First player in each line dribble to the edge of center box (3 yards x 3 yards). Turn with ball and with next touch pass to the next player in your line. Short and sharp, lots of talk from the coach, demand that things are done at pace and correctly.

COACHING POINTS: Dribbling points--positive first touch (inside of foot), Speed of play and looking for technical speed of play and improvement.

Players work on various turns off the dribble working into central box and looking to turn and move back to their respective line w/ pass.

Turns: Sole of the foot, Cruyff, Outside cut, Inside Cut, etc...

Rapids Box has many variations...



DESCRIPTION/ORGANIZATION:

2 Teams + Neutral (N) (Yellow) play possession and try to score in opposing teams two goals. Teams use possession play and technical skills to break opponent down and score in oppositions two goals. Numbers can be altered based on age group and level of players.

COACHING POINTS:

- 40 x 35-yard grid
- Individual defending principles
- Defending in 4's (pressure, cover and balance)
- Technical quality
- Spacing
- Decision making

