

TRAINING PLAN U-12 FINISHING/SHOOTING

CREATED BY
Region 688

TECHNICAL WARM-UP

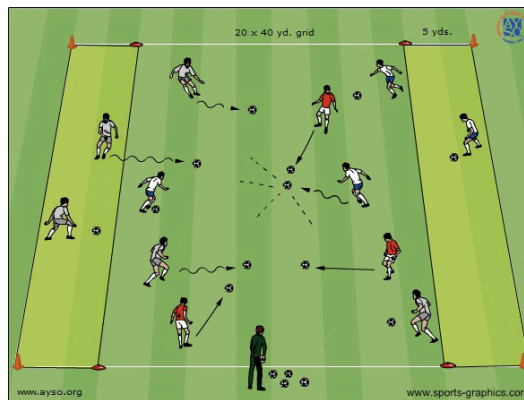


To see this activity in action visit <http://bit.ly/13EG2f9>

ORGANIZATION/RULES

- 20x40 w/ 5 yd. safe zone at each end
- 3 players in center grid with ball each.
- Remaining players w/ ball in 1 of the safe zones. Players in safe zone dribble to other safe zone.
- Central players prevent dribblers run by hitting their ball with a quality pass. If hit, player joins center group as passer.
- Last player wins.
- > Dribblers play in pairs.
- > Central players combine passes & communicate. Use left, right foot passes.
- > Players perform fake or feint in central area before reaching safe zone.

Player leads stretching.



COACHING POINTS

- Quality striking, passing (and dribbling) technique.
- Communication between central players to combine passing.

PSYCHOSOCIAL
PHYSICAL
TECHNICAL
TACTICAL

ACTIVITY I

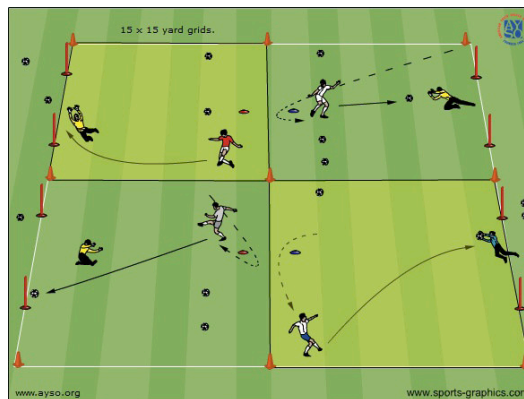
Individual & Pair Work
Competition & Teamwork
2v2 & 3v3



To see this activity in action visit <http://bit.ly/SLDuKU>

ORGANIZATION/RULES

- 15x15 grid (use multiple grids to involve all players) w/ an 8 yd. goal on 1 end line. Place 1 disc cone approx. 14 yds. from center of goal. Line up 4 balls approx. 12 yds. from goal (1 wide left, 1 wide right & 1 either side of center). 1 GK & 1 striker per grid.
- Striker starts on outer corner cone on goal line.
- On whistle, striker sprints to 14 yd marker, cuts round cone & strikes 1 of the 4 balls (any order) 1st time on goal using instep drive or inside of foot to "place" ball into goal.
- After shot, striker cuts sharply & sprints back round 14 yd mark to approach & strike next ball. Repeat until all balls have been hit.
- > GK & striker switch. > Strikers progress to each grid facing new GK.
- > Balls start w/ GK (or coach) who serves rolling ball (from front or side) for striker to run onto & strike.



COACHING POINTS

- Quality instep shots and inside of foot push pass/strike techniques.
- Use peripheral vision to consider goalkeeper position.
- #9 Tip: The goal never moves!
- Accuracy over power.
- Composure at point of strike. Focus.
- Maintain striker's intensity and speed.

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ACTIVITY II

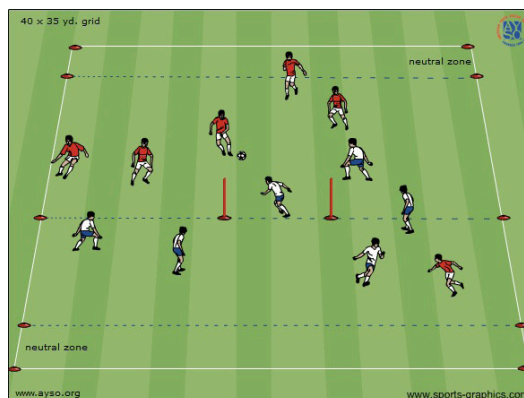
Opposition (attack & defense)
Directional Play (w/goals or targets)
Expanded Num. (3v3 to 6v6)
Most Game Aspects



To see this activity in action visit <http://bit.ly/XeVRDT>

ORGANIZATION/RULES

- 40x35 playing area. Scrimmage vests, spare balls. 5 v 5. Use tall cones/flags to mark a center goal (10 yds. wide) on half way line. Mark 2 neutral end zones on either end line of area.
- 1 team attacks w/ 5 players v 4 with the extra defender becoming goalkeeper (can't use hands to start).
- Attacking team looks to score through center goal with instep strikes and if successful, play to the opposite neutral zone, reorganize & then turn & attack in other direction.
- If the defenders win the ball, they play back to their GK who then carries the ball back to the opposite end & joins w/ the others to attack 5v4.
- > Condition scorer's touch and shooting (one touch, two touch, left foot, right foot).
- > Permit goalkeeper to use hands.



COACHING POINTS

- Quality instep kicks/strikes.
- Attacking with numbers up, look at team shape, spacing of players, width, movement.
- Defending with numbers down, encourage pressure on the ball (key to other defenders actions).
- Communication on both sides of the ball.
- Transition from attacking to defending and vice-versa.

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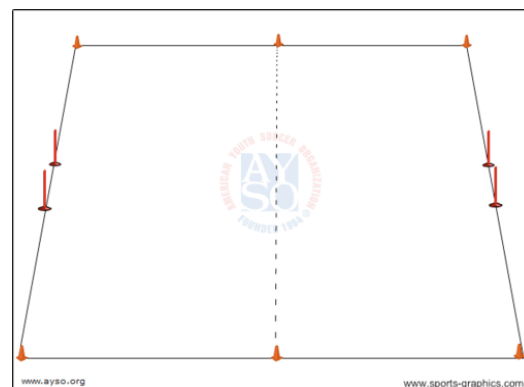
SMALL-SIDED MATCH

Cool Down/Debrief

ORGANIZATION/RULES

- Small-sided match with general rules.
- Place a goal with goal keepers at each end of the grid.
- > Place additional goals/gates on either sideline.

Player leads static stretching, *brief* review on lesson and any announcements.



COACHING POINTS

- Emphasize quality shooting and finishing technique but let them play.
- Establish a confident and free learning environment; where players are *encouraged* to take the shot without fear of missing.

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