



U13 Session Plan #3

Finishing



SHOOTING RACE

Emphasis: Finishing, technical turning, dribbling at speed

Set-up: Place two goals 36 yards apart and place a goalkeeper in each goal. Divide your players in half and put them on the side of the two goals. Place one cone in the middle of the two penalty areas. Place plenty of extra balls next to the goals as well.

Objective: The first player in each line dribbles at speed to the right of the cone. After rounding the cone, the shooters have 1 or 2 touches to shoot on goal. On the coach's command, the next two players from each line repeat the same sequence. The first player to score wins a point for their team. Players return to the back of their original group.

Progression: The attackers lay the ball off to the other player and then they dribble around the cone. The attackers must flick the ball up to themselves for a volley.

Coaching Points:

- Must dribble at game speed.
- Perform a quick and tight turn around the cone.
- Accuracy, not power.



Emphasis: Quick, direct attacking play. Will develop an attitude to "go for goal"

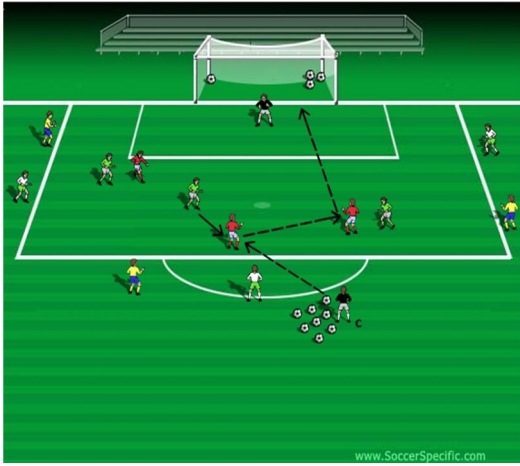
Set-up: Position two goals 36 yards apart (two penalty boxes on top of each other). Squad is split into 2 teams and positioned at either side of the goals as shown. A supply of balls is needed for each group.

Objective: The first defender (player 1) starts out in the field of play. The first two players on the opposing team (players A and B) dribble at speed towards the defender and the goal. Players (A) and (B) must attempt to score a goal as quickly as possible. The player who shoots on goal now becomes the defender (as shown, player A would become the defender). The first two players in line for the red team (players 2 and 3) must now dribble towards the new defender (A) and attempt to score as quickly as possible. This 2v1 sequence is repeated for a designated period of time or for a predetermined number of goals.

Progressions: A shot must be taken within a 3 second time period. If the defender wins the ball, he/she can dribble to goal.

Coaching Points:

- Go at pace!
- Shoot early – no long dribbling or passing sequences.
- Vary the strikes on goal – bent, driven etc.



3V3 SHOOTING IN THE BOX

Emphasis: Close range shooting, getting the shot off early.

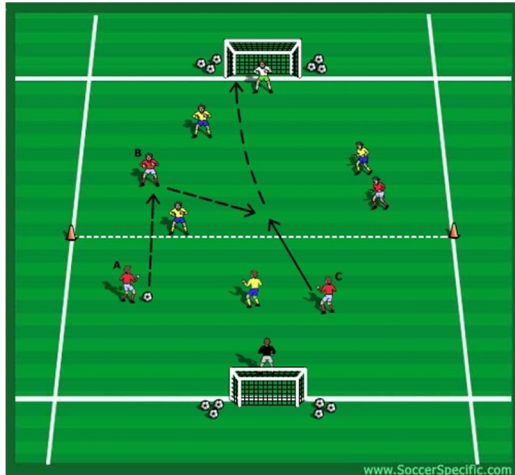
Set-up: Players are divided into groups of three players. Each group is identified with a different colored vest. Two groups are placed inside the penalty area; the remaining groups are positioned outside the parameter of the box. A goalkeeper is placed in goal.

Objective: The coach starts the practice by serving the ball into the penalty area. Player's play 3V3. First team to score stays on. Losers leave the grid and position themselves on the outside of the grid. New team comes into the box. Teams stay on as long as they keep winning. The team in possession can use the outside players as well. Players on the outside are limited to "one touch". Keep track of the goals scored and make a competition amongst the players. First team to four consecutive wins is the champions.

Progression: It must be a "one time" finish. Outside players can score as well. A finish using the head is worth two.

Coaching Points:

- You must feel where the defender is applying pressure.
- Check at angles to receive the ball to allow a better shooting angle.
- Prep touch must take you towards the goal.
- Play the way you face if the defender is on you.



5v5

Emphasis: To teach technical and tactical considerations in creating goal-scoring opportunities.

Set Up: 36 x 44 yard playing area. 4 v 4 with goalkeepers in two full-size goals.

Objective: Both teams compete for possession of the ball and attempt to score in their opponent's goal. Players are encouraged to be aggressive and positive in front of goal. No restrictions are placed on the players during this phase. In Diagram (d) above, player (A) passes to teammate (B). Player (B) lays the ball off for a shot by player (C).

Coaching Points:

- Correct attacking shape and balance of team.
- Frame the goal.
- Find a way to score.
- Resiliency – rebound mentality.
- All technical aspects of finishing.

ADDITIONAL NOTES