



Finishing/Scoring Goals

Date: Sep 08, 2024

Duration: 90 MIN

Team: U14 Cambridge Youth Soccer

Intensity: ● (1/10)



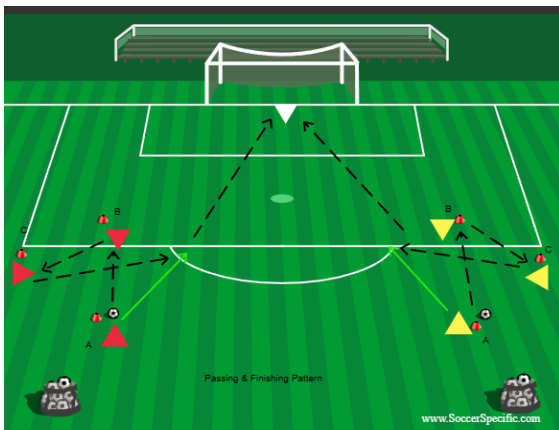
1

Setup: PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

Instructions: As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

Coaching Points: In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



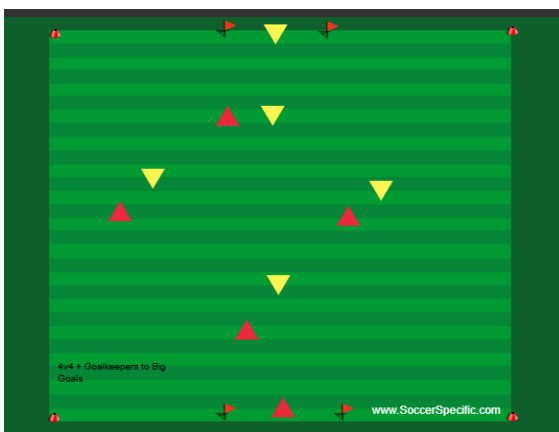
2

Setup: PASSING & FINISHING PATTERN

Set up 6 cones as shown on diagram to create the same passing combination to finish pattern on both left and right sides of field.

Instructions: Place 2-3 players at each cone. Players always move to next cone after each shot (A-B, B-C, C-A). A plays to B who then plays to C. C then lays the ball off to A for a shot. As Red C is laying ball off for shot Yellow should begin their sequence as both sides are playing at the same time. After a few minutes have yellow and red switch sides.

Coaching Points: Coach shooting technique...body over ball, toes pointed down with ankle locked to make contact with laces. Keep body over ball to keep shots low. Demand game speed and 1-2 touch play.



3

Setup: 4v4 + GOALKEEPERS TO BIG GOALS

Mark out a 40 yds length x 30 yds width space with big goals. If big goals are not available flags or cones can be used.

Instructions: Players play 4v4 plus goalkeepers. Playing small sided game with big goals will create many shooting opportunities.

Coaching Points: Are players recognizing shooting windows and executing? Are players combining quickly to create shooting opportunities? Coach shooting technique (use laces, lock ankle, keep body over ball, follow through to target!)



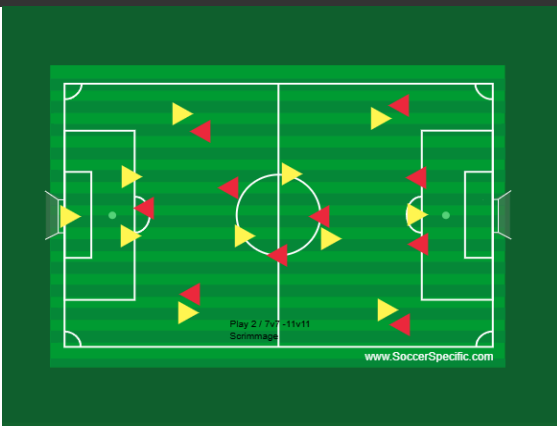
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Setup: PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

Instructions: Scrimmage that resembles as closely as possible the gameday conditions.

Coaching Points: Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

