



Fall Season Training Themes - Week 1

Shooting & Finishing

U8s

Technical: Shooting & Finishing

- Mechanics- Show players proper mechanics for shooting with instep; planted foot facing direction they want shot to go, shifting body weight through kicking foot, avoid their kicking foot crossing over on the follow through, head and shoulders over the ball, chest leaning forwards to keep shot down, arms out for balance. Also go over finishing from crosses, how body position should be, teaching how to redirect and correct surfaces to use.
- Direction- Show finishing from different angles and different areas of the field.
- Pressure- When first teaching technique, avoid pressure so players can understand the mechanics, once they are more comfortable with the mechanics then look to introduce pressure from different angles and approaches. Use many different activities to work on the same topic, providing players lots of repetition.

Motor Movements: How to land on your kicking foot

U9-U10s

Technical: Shooting & Finishing

- Mechanics- Show players proper mechanics for shooting with instep; planted foot facing direction they want shot to go, shifting body weight through kicking foot, avoid their kicking foot crossing over on the follow through, head and shoulders over the ball, chest leaning forwards to keep shot down, arms out for balance. Also go over finishing from crosses, how body position should be, teaching how to redirect and correct surfaces to use.
- Direction- Show finishing from different angles and different areas of the field.
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Motor Movements: How to land on your kicking foot

Game Knowledge: Attacking Short Corners



Fall Season Training Themes - Week 1

Shooting & Finishing

U11-U12s

Technical: Shooting & Finishing

- Mechanics- Show players proper mechanics for shooting with instep; planted foot facing direction they want shot to go, shifting body weight through kicking foot, avoid their kicking foot crossing over on the follow through, head and shoulders over the ball, chest leaning forwards to keep shot down, arms out for balance. Also go over finishing from crosses, how body position should be, teaching how to redirect and correct surfaces to use, can introduce crossing & finishing in the air as well.
- Direction- Show finishing from different angles and different areas of the field.
- Pressure- When first teaching technique, avoid pressure so players can understand the mechanics, once they are more comfortable with the mechanics then look to introduce pressure from different angles and approaches. Use many different activities to work on the same topic, providing players lots of repetition.

Tactical Implications: Training the 6 & 8 how to provide scoring opportunities for the 9, 10, 7 & 11 via playing the ball wide for crosses or combining/slotting players through on goal.

Motor Movements: How to land on your kicking foot

Game Knowledge: Attacking Short Corners

U13-U14s

Technical: Shooting & Finishing

- Mechanics- Show players proper mechanics for shooting with instep; planted foot facing direction they want shot to go, shifting body weight through kicking foot, avoid their kicking foot crossing over on the follow through, head and shoulders over the ball, chest leaning forwards to keep shot down, arms out for balance. Also go over finishing from crosses, how body position should be, teaching how to redirect and correct surfaces to use, can introduce crossing & finishing in the air as well.
- Direction- Show finishing from different angles and different areas of the field.
- Pressure- When first teaching technique, avoid pressure so players can understand the mechanics, once they are more comfortable with the mechanics then look to introduce pressure from different angles and approaches. Use many different activities to work on the same topic, providing players lots of repetition.

Tactical Implications: Training the 6 & 8 how to provide scoring opportunities for the 9, 10, 7 & 11 via playing the ball wide for crosses or combining/slotting players through on goal.

Motor Movements: How to land on your kicking foot

Game Knowledge: Attacking Short Corners

Game Management: How to deal with a special player that the opposition gets on the ball at every opportunity