

U10 Week 10 Finishing

Date: **Feb 14, 2017**

Intensity: ● (1/10)



Setup: Organize players into pairs with each pair adopting a country name. One Goalkeeper in the goal, field is roughly the size of a penalty area, though that can expand. One server in corner playing in balls. This can be the coach.

Instructions: Ball is played in, and Countries try to score. Whoever gets the last touch, gets the goal. Play until the ball goes out of play. When you score, your team is out and onto the next round. Last team left is out (can become new servers). Play round after round eliminatng more countries until you have a winner. This is a great game to play before practice as you are waiting for kids to arrive.

Coaching Points: Finishing Technique
Use the energy in the service to redirect.
Position body to get ahead of opposing players

1

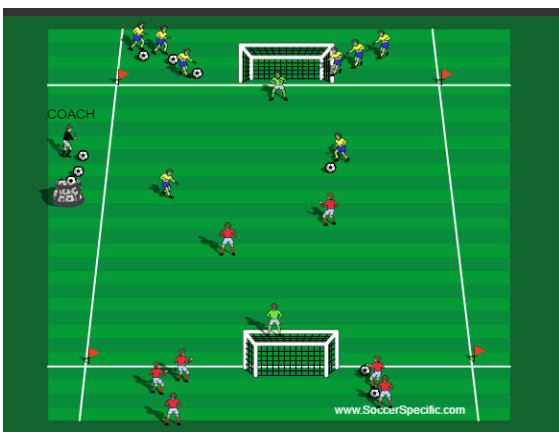


Setup: Two teams, behind a Point of Reference, facing the goal Coach with all of the Balls to one side of the net

Instructions: First person for a team steps up, coach plays a ball out far - player hits it with laces (power) As player is shooting, coach rolls a 2nd ball out - player hits it with the inside of the foot (finesse)

Coaching Points: Power is laces (shooting) Placement is inside of the foot (finishing)

2



Setup: "Flying 2's" - Grid: 30 x 20 yds (maybe a bit smaller if playing 1v1 or a bit bigger if playing 3v3), with goals on each endline. Add Goalies if applicable Organize players into 2 team to line up in 2 lines each team, one on either side of their goal.

Instructions: Play 1v1, 2v2, or 3v3. When the ball crosses an endline, team defending that endline is immediately replaced by a new group from their team with a new ball (or coach plays a new ball to this group). At this point the next players in line must be ready as this game moves fast. If the first 2 players in line are not ready when it is their turn, their entire team does 5 pushups, and the coach plays a new ball in. (This keeps players focused when not on field) This will work greatly to improve transition play. Sideline restarts can be kick/throw-ins, or play hustle outs.

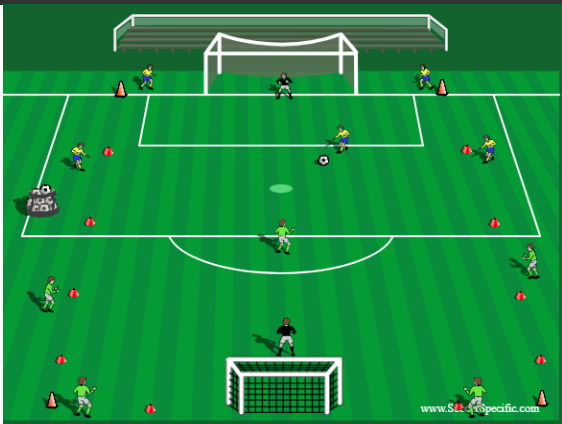
Coaching Points: Attacking—Running at players; taking shooting chances; combination play ideas. Defending—Transition; Immediate pressure to the ball & cover (2v2) Endless- this game can teach nearly every topic in soccer

3

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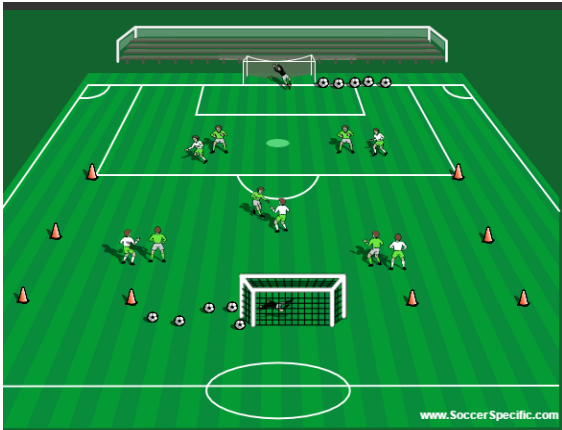


4

Setup: "21" Cone out a 25x30 yd field (can be bigger for 13-15 year olds) With two teams, have a goalkeeper, one player on the field with the remaining players dispersed evenly around the outside of their own half.

Instructions: Each player has a number for rotation purposes. Game begins 1v1, and the object is to score. The player on the ball has the choice to pass to any teammate on the outside who receives the ball and enters the field. Defending team then adds a defender to even the numbers (good chance for active communication- New player calls out they are on). Teams can pass and add as many players as they want, 2v2, 3v3, 4v4,etc. If ball goes over end-line or scores, round is over, and next player in the rotation enters in a 1v1. Rotate which team gets the ball or play that the same team gets the ball to start for each game to 21. If the ball leaves the field on the sideline, resume play with a throw in as you would in a game. Goals are worth the number of players you have in on the field from your team. 1v1 equal 1 point. 3v3 equals 3 points. Play to 21

Coaching Points: Encourage players to attack and go forward when they can. When bringing a new player in, try to attack and exploit the defense before they get organized with their new defender



5

Setup: 5v5 + keepers

Instructions: Play

Coaching Points: Depends on your topic