



12U Fall 2017 Training Sessions - Week 10

Topic

SHOOTING 2 - FINISHING INSIDE THE BOX

Objectives (5 W's)

Who: #7, #9, #10, #11 **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between /behind defensive line, Get numbers in the box
Where: Inside the Penalty Area
When: The ball has been put across the goal mouth or shooting window is available
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

Area: In a 47Wx36L yard field with a goal and two small counter goals.
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end; shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?

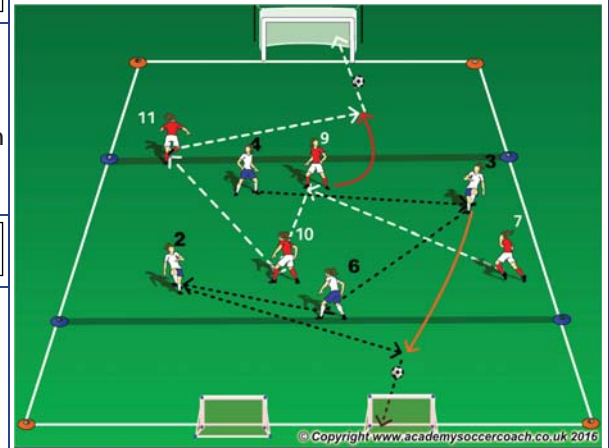
Coaching Points

Activity Time Rest Intervals

What? Technique of Finishing:

Knees bent, head down, hips and knee over ball, body slightly leaning over ball non-kicking foot beside ball. Ankle locked, angled approach to ball, strike ball with laces or the inside of the foot at the center of the ball

Warm-up / Orientation Shooting Competition



Orientation

4v4 - Romarios' Game



Organization

Duration Intensity

Area: In a 47Wx36L yard field with a big goal and two small counter goals.
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals.
 Scoring: A goal scored by one touch is 100 points. Goal scored with 2 touches is 50 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

What? Technique - Shooting/Finishing: Accuracy and pace - Receiving: Body position, surface selection of the foot and ball, first touch direction and distance
Team Tactical Attacking Principles - Play forward when possible: Who? Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in between/behind defensive line: Who? Where? When? Why?

Organization

Duration Intensity

Area: in a 50Wx60L yard field with goals
 Target team: #'s 1, 4, 5, 7, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time Rest Intervals

What? Technique ~ Shooting and Receiving

Team Tactical Attacking Principles - Playing forward when possible: Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why? - Play early crosses behind defenders: Where? When? - Get numbers into the box: Who? When? Why?

Learning

7v7 Finesse



Implementation

9v9 Duration Formation Activity Time Rest Intervals

Organization

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 9, 10, 11 to finish inside the box.

Coaching Points

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play.