

Weekly Activities - Ages 12 - 18

Theme: A.T.T.A.C.K.SM

Session: Seven

Daily Topic: Scoring & Finishing

Daily Activity Breakdown:

0:00-0:20 The Training Session (developing the attitude and training factor through soccer related exercises and games)

0:20-0:50 The Coaching Session (developing daily technique factors from technical through to tactical)

0:50-1:00 Break (competitions/quizzes)

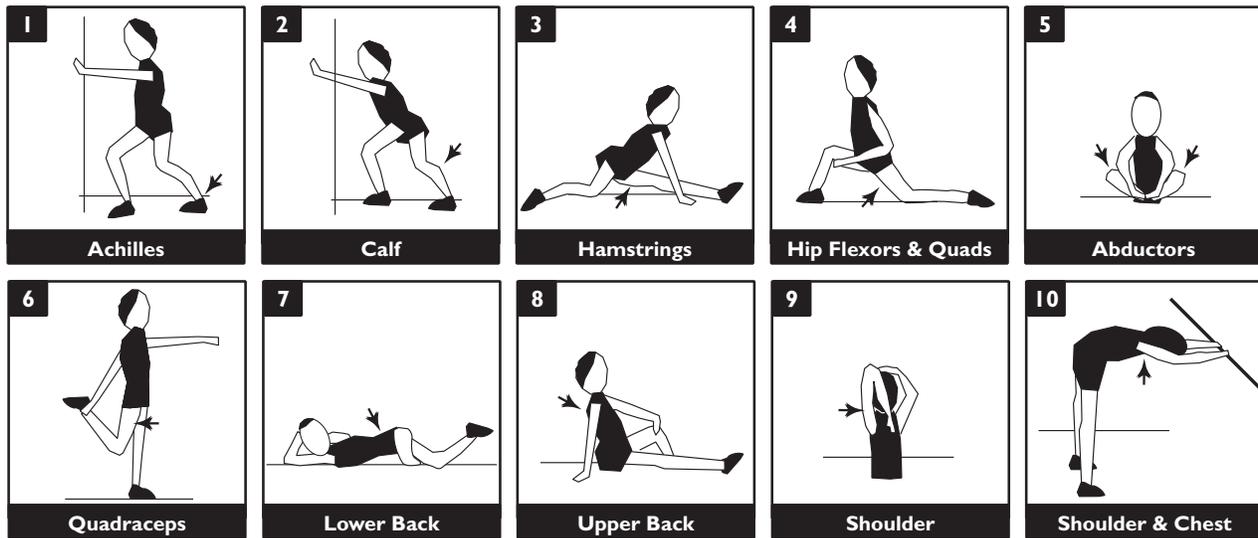
1:00-1:15 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:15-1:25 MLS Tournament (taking the daily key factors and applying them in a game)

1:25-2:00 All Out Attack (reinforcing the emphasis on attack with activities around a goal)

TRAINING SESSION - Soccer Specific Fitness

Warm Up



Purpose

To warm up players' muscles and increase blood flow.

Organization

Have the players pair up and form 2 lines.

Game Objective

Players jog around the area following the coach's commands, then stretch.

Progressions

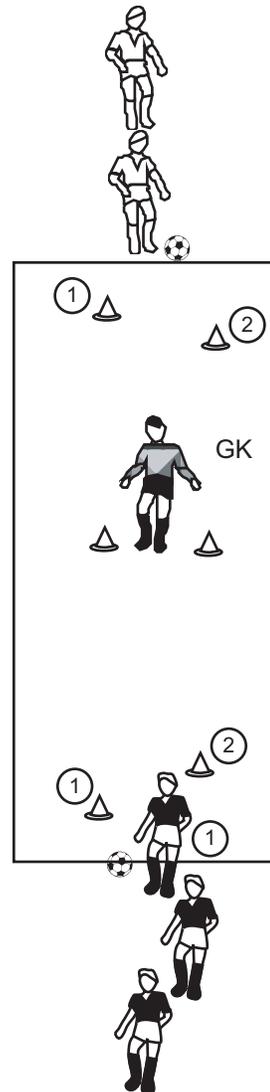
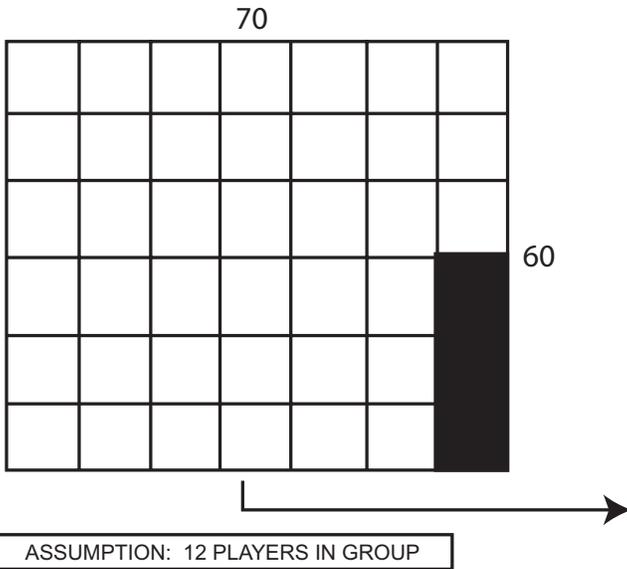
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap thighs against palms to stretch quads
- Side to side - face in or out and move along by clicking heels together
- Skipping - skipping forwards using arms to help bound; get as high as possible
- Sideways skipping - jog sideways by crossing one foot behind the other
- Leaps - jump up for imaginary header; try alternating bounding leg
- Down for rolls - spring to floor and do a sideways roll, then quickly back up
- Bouncing - jog, then bounce against partner's shoulder, land, continue
- Swap places - swap places with partner as quickly as possible; communicate
- Leap frog - back player leaps over players in front; each does same
- Hopping & bounding - use one foot and both feet together
- Back to front - back pair race against each other to be first to the front

Key Coaching Points

Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

TRAINING SESSION - Scoring & Finishing

Only Line Drill You'll Ever Need



Purpose

To develop shooting on the turn.

Organization

Set out a 10 x 30 yard area, positioning players on opposite end lines as shown in the diagram. Groups of 6. Repeat in 1 other area for a total of 12 players.

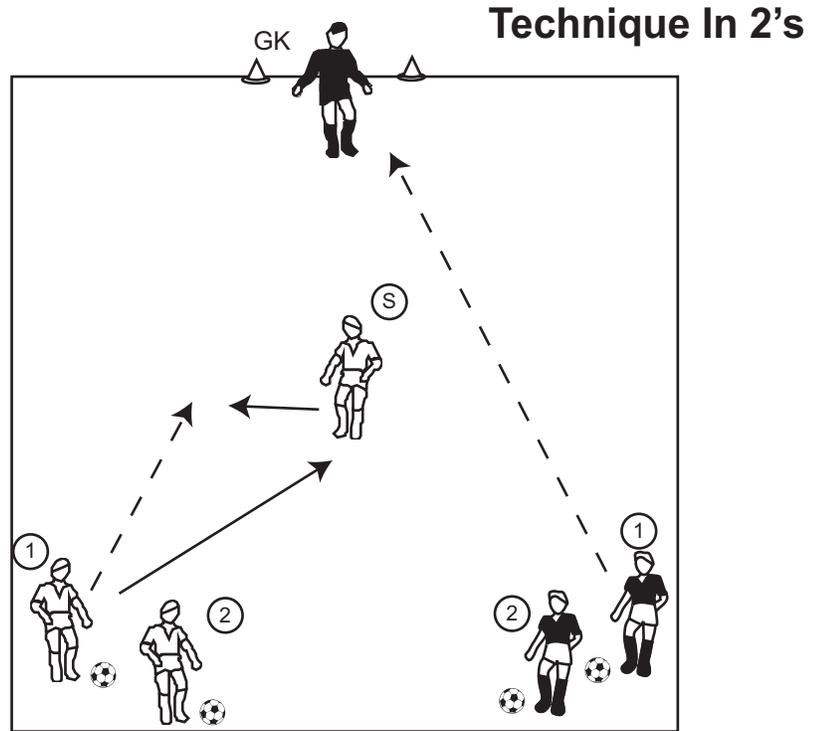
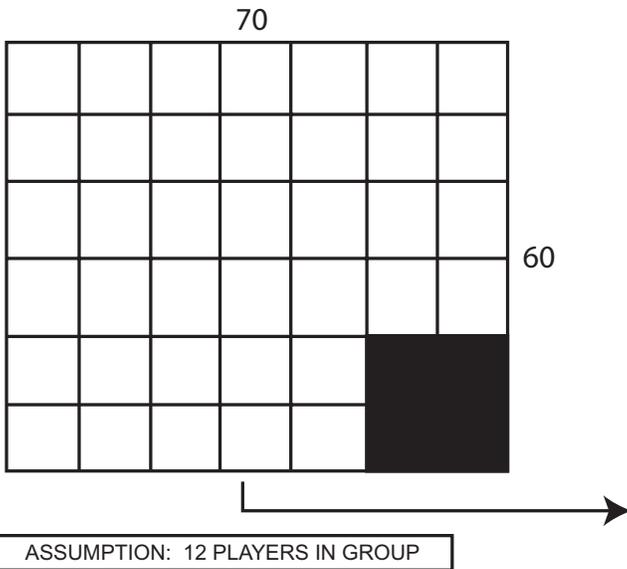
Game Objective

Dark player #1 starts with a ball and moves to cone #1, does a turn around it, then goes around cone #2. As soon as he gets past cone #2, he must shoot. Dark player #1 follows his shot into goal for second shot opportunities from rebounds. Dark player #1 then becomes the goalkeeper. As soon as a player shoots, the next dribbler from the other team can go. First team to 10 goals, wins. A player cannot shoot until he does a fake at cone #1, then another fake at cone #2.

Key Coaching Points

1. Shoot on the turn.
2. Follow your shot.
3. Keep the shot low.
4. Speed in the fake.

COACHING SESSION - Scoring & Finishing



Purpose

To develop striking the moving ball and finishing.

Organization

Set out a 20 x 20 yard area. Groups of six. Four balls per group. Position players as shown in the diagram. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 passes the ball to the server, who passes the ball back into the path of light player #1. Light player #1 shoots low and to the far post. Dark player #1 runs to the area of the far post to pick up any rebounds or shots wide of the far post. Light player #2 and dark player #2 repeat the practice. Rotate positions.

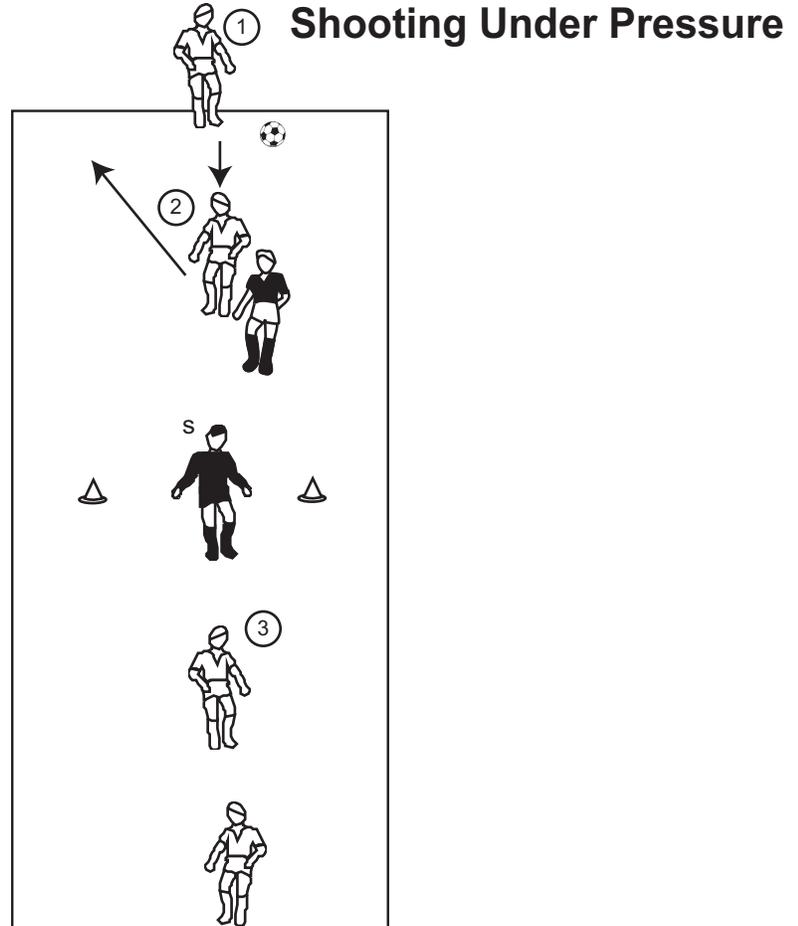
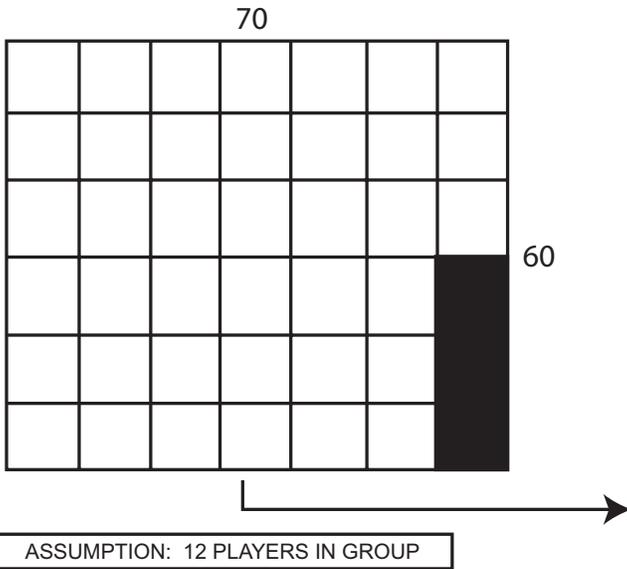
Progressions

1. The server moves to provide passive resistance to the striker.
2. The player directly behind the striker moves in to pressure the attacker.

Key Coaching Points

1. Concentrate on accuracy.
2. Strike through the middle top-half of the ball.
3. The far post run must be timed so that the player arrives at the ball at full speed.
4. Shoot low and to the far post.

COACHING SESSION - Scoring & Finishing



Purpose

To develop combination play leading to a shot on goal.

Organization

Set out a 10 x 30 yard area. Groups of six. Play 2 v 1 on each side of the goal. One ball per group. Repeat in another area for a total of 12 players.

Game Objective

Light player #2 checks away from his dark defender and calls for the ball from light player #1. Light player #1 passes the ball to the feet of light player #2. Light player #2 plays the ball back and to the side of light player #1, who shoots first time on goal. Repeat the practice in the opposite direction with the defender being goalkeeper and the goalkeeper going out to defend.

Progressions

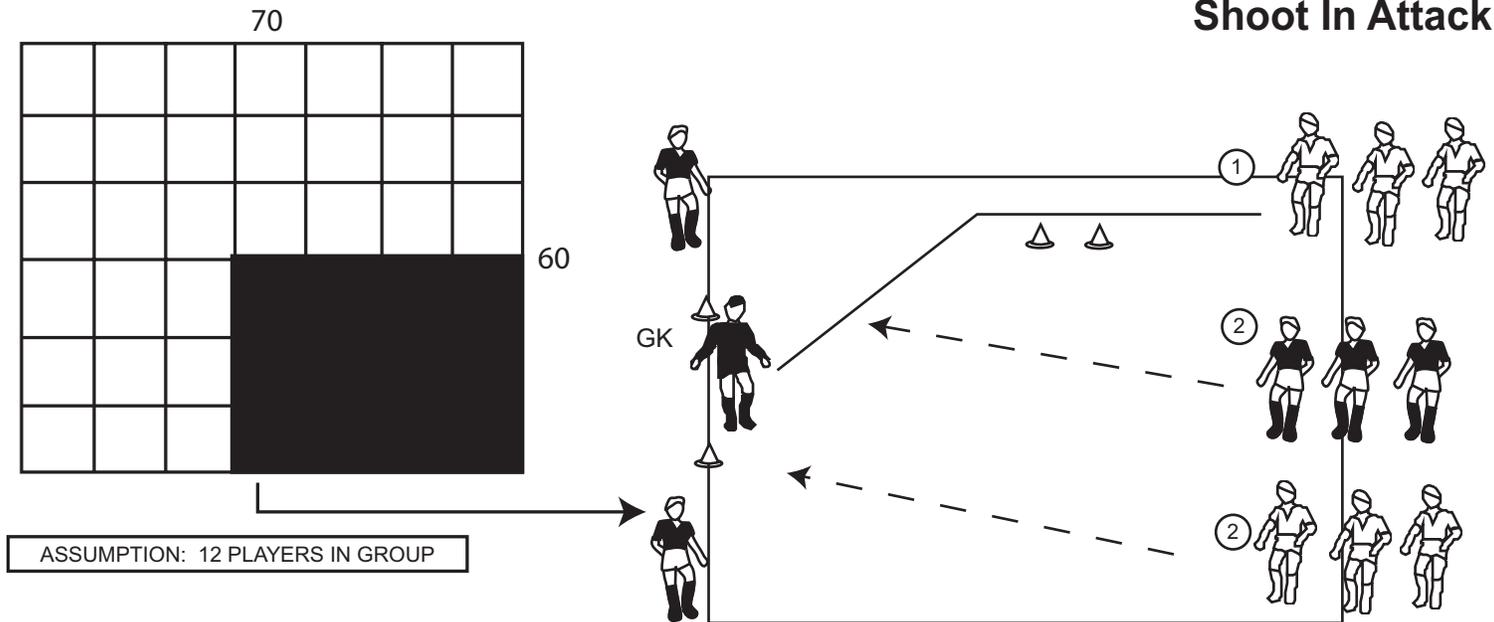
1. Allow light player #2 the option to turn the dark defender and shoot himself.

Key Coaching Points

1. Light player #1 must communicate with the other attacker to determine if light player #2 turns the defender or lays the ball off.
2. Direct the ball low and to the corners of the goal.
3. Encourage the second attacker to follow-in on rebounds from the goalkeeper.

COACHING SESSION - Scoring & Finishing

Shoot In Attack



Purpose

To develop width in attack, crossing and finishing.

Organization

Set out a 40 x 30 yard area. Position three groups of three at 10 yard intervals along the endline. One goalkeeper and two stoppers. Only players in the right channel should have a ball.

Game Objective

Light player #1 makes a run down the touchline with the ball. When he reaches the first disc, dark player #2 and light player #2 must begin their runs. Dark player #2 sprints to the near post and light player #2 goes to the far post. When light player #1 reaches the second disc, he must either cross the ball or shoot directly on goal depending upon the posture of the goalkeeper. Repeat from the other side. Rotate positions.

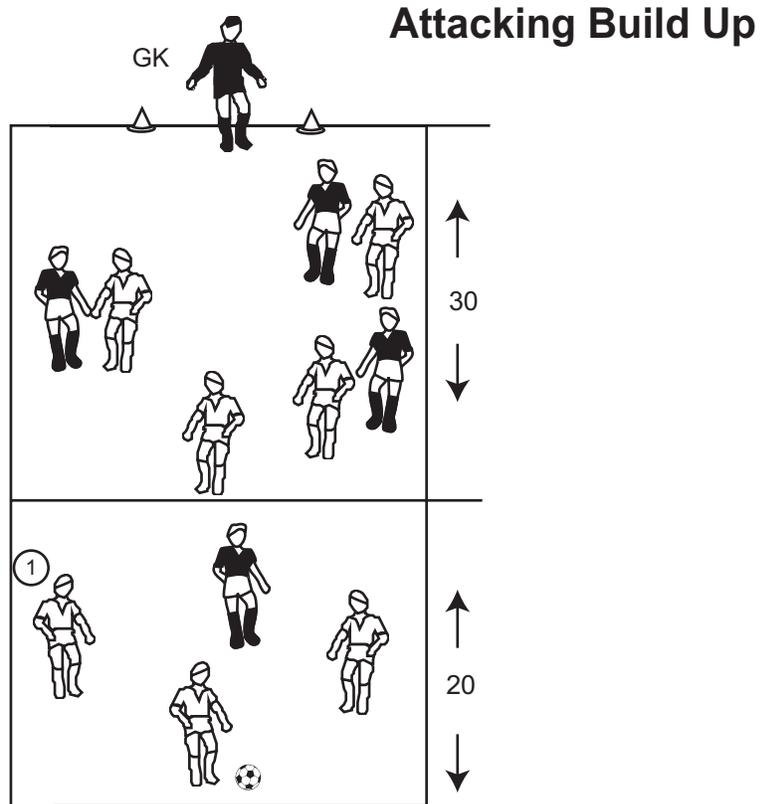
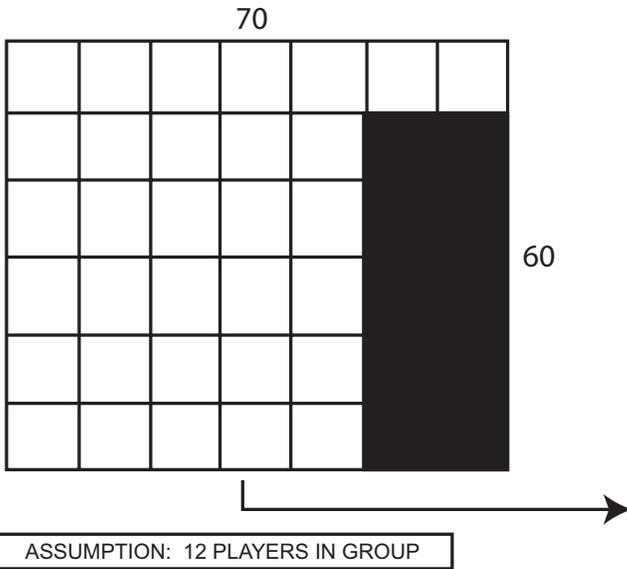
Progressions

Take the stoppers and use them as central defenders who mark the supporting attackers as they make their runs to goal.

Key Coaching Points

1. The supporting players should time their runs so that they accelerate onto the ball in front of the goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. Cross should be to space in front of attackers between knee and chest height.

PRACTICE LIKE A PRO - Scoring & Finishing



Purpose

To develop transition from the midfield into the final 1/3.

Organization

Set out a 20 x 50 yard area. Set out two grids within the area according to the dimensions shown in the above diagram. Play 3 v 1 in the smaller area and 4 v 3 with a goalkeeper in the larger area.

Game Objective

Light player #1 starts with the ball. The three light midfield players in the bottom area combine to play the ball into the attacking grid. The light player receiving the ball must turn his defender and get a shot on goal. The dark defender must attempt to intercept the ball or block the shot on goal. Rotate positions.

Progressions

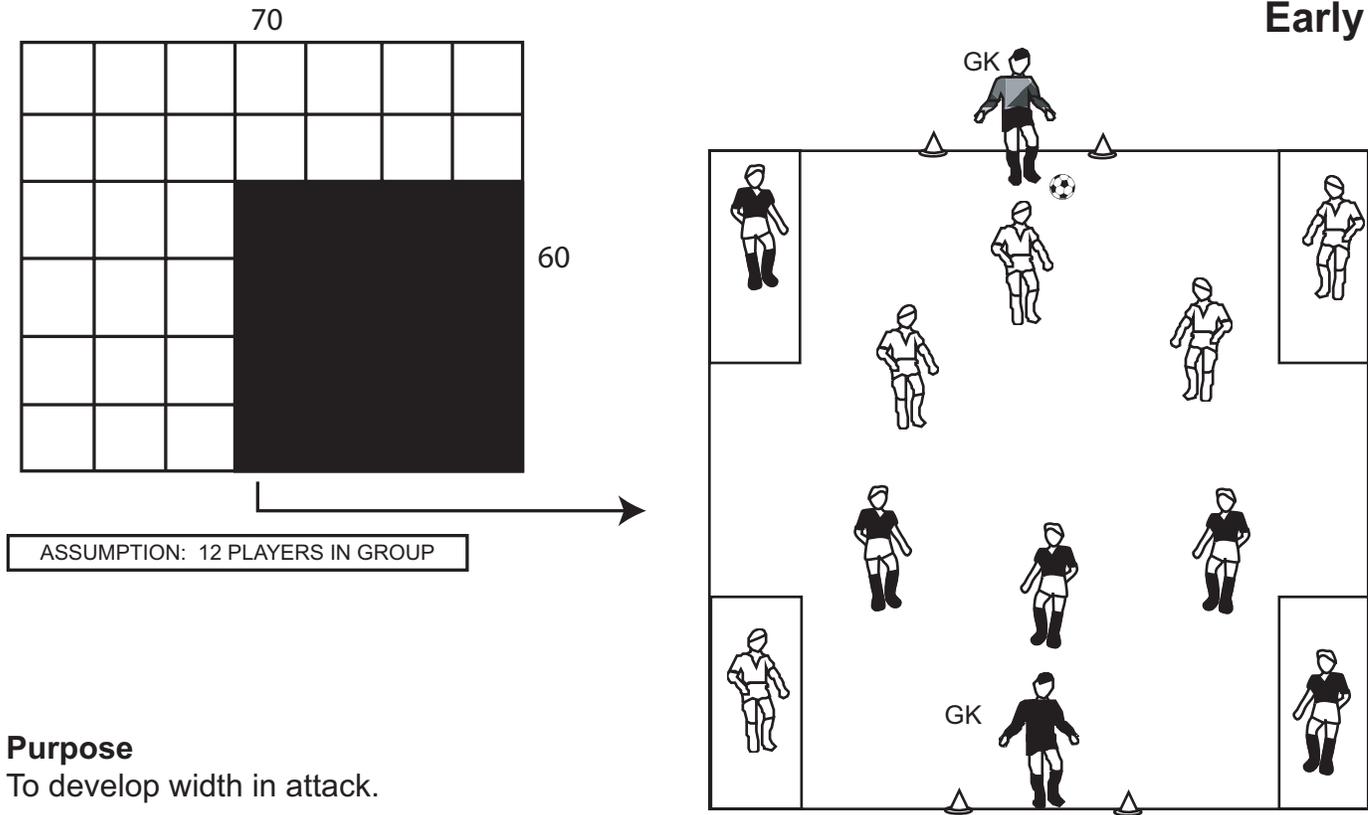
1. Play 3 v 2 in the smaller area and 3 v 3 in the larger area.
2. Take the midline away, play 6 v 5 in the entire 20 x 50 yard area.

Key Coaching Points

1. Midfield players should hold onto the ball until an attacker has checked away from the defender and has created space to receive the ball.
2. Attackers should create a shooting opportunity with their first touch.
3. Encourage players to shoot at every opportunity.

MLS TOURNAMENT - Scoring & Finishing

Early Cross



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

To develop width in attack.

Organization

Set out a 40 x 40 yard area with four 5 x 15 yard channels from each corner as shown in the above diagram. Station one player in each channel. Play 3 v 3 in central area.

Game Objective

The light goalkeeper serves the ball to one of his three light teammates in the central area. The goal is to get the ball to either light player stationed in a channel. This player delivers a crossed ball into the attacking area. The three light players stagger their attacking runs into the near post, mid-goal and far post areas. Finish with a shot or header on goal.

Progressions

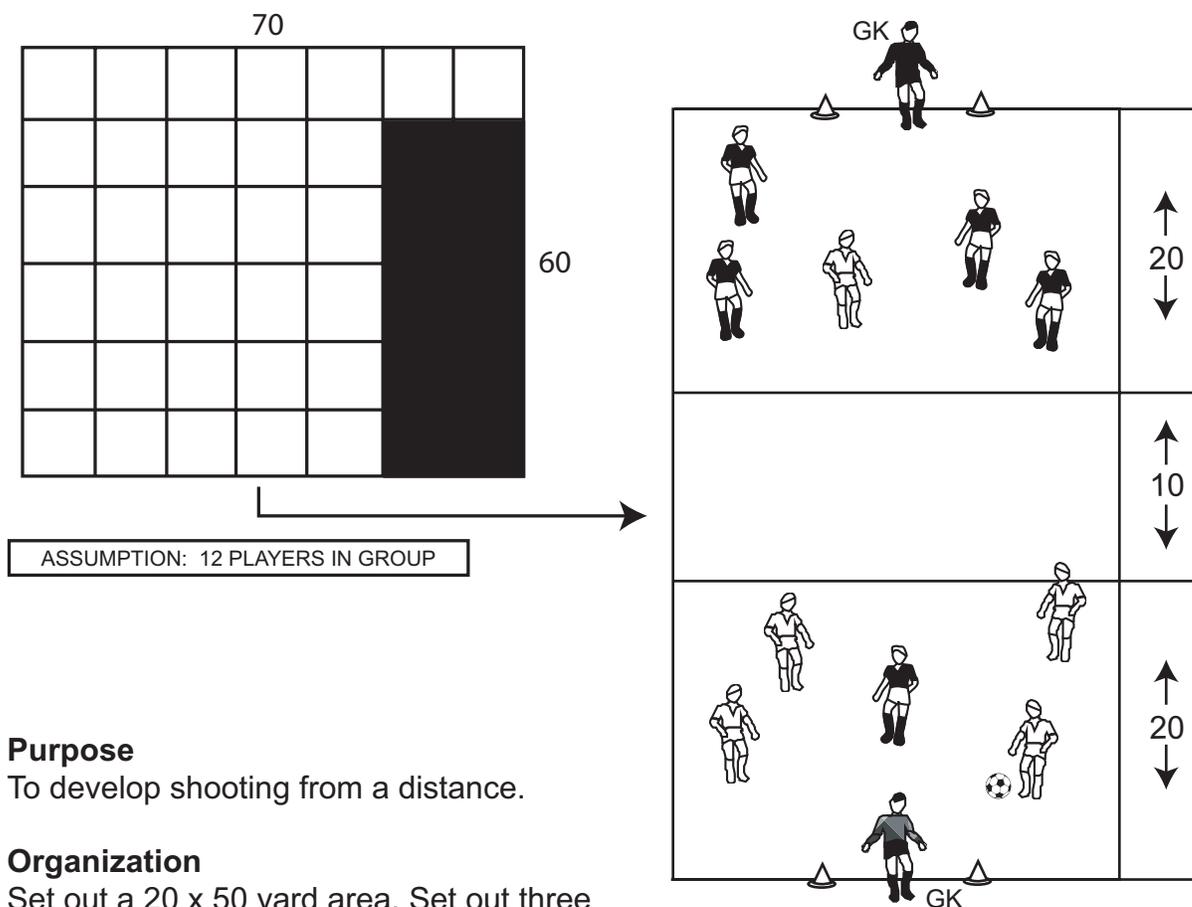
When the wide player gets the ball in the channel the opposing wide player on his side of the field may run into his area to challenge the cross.

Key Coaching Points

1. The near post run should be at approximately a 45 degree angle. It is essential that the near post runner beats his defender to the ball.
2. The far post runner cuts around the decoy of the near post to attack the far post.
3. An attacker must exploit the space in the mid-goal area to challenge the goalkeeper.
4. Can the cross be played early behind the recovering defense?

ALL OUT ATTACK - Scoring & Finishing

Power Shot 2



ASSUMPTION: 12 PLAYERS IN GROUP

Purpose

To develop shooting from a distance.

Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.

Game Objective

The four light players combine to advance the ball past the lone dark defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone light player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

Progressions

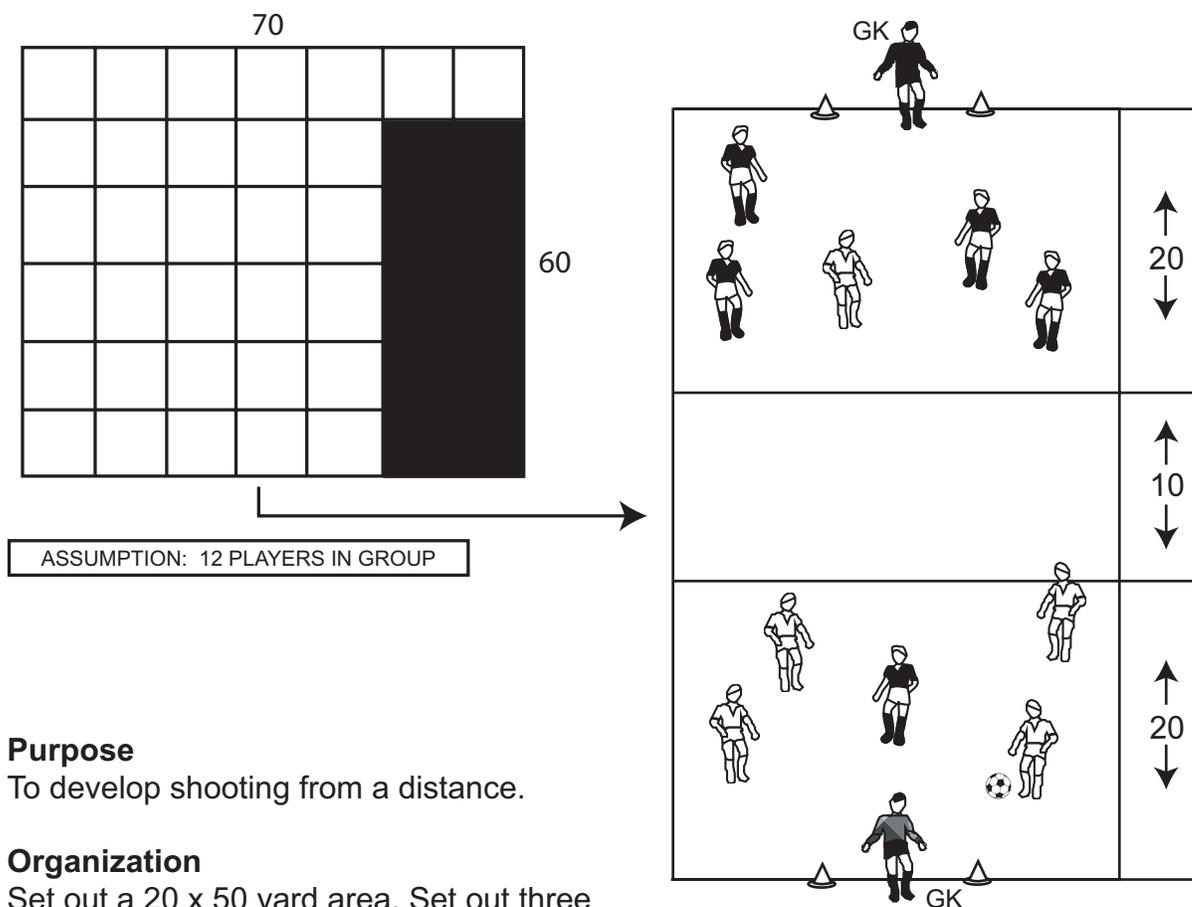
1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

Key Coaching Points

1. The light player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.

ALL OUT ATTACK - Scoring & Finishing

Power Shot 2



Purpose

To develop shooting from a distance.

Organization

Set out a 20 x 50 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 4 v 1 in each large area.

Game Objective

The four light players combine to advance the ball past the lone dark defender into the midfield area. One player must pass the ball into the midfield space for a second attacker to run on to and shoot on goal. The lone light player in the other area follows up for rebounds from the goalkeeper. Repeat in the opposite direction. Rotate positions.

Progressions

1. The lone defender can track the attacking player into the midfield area in an attempt to pressure the attacker or block the shot.
2. Change the ratio of attackers to defenders to 3 v 2.

Key Coaching Points

1. The light player making the pass should play the ball into the space in front of the receiver.
2. Shoot after one controlling touch.
3. Assess the position of the goalkeeper in selecting your target.