

# Weekly Activities - Ages 12 - 18

**Theme: A.T.T.A.C.K.<sup>SM</sup>**

**Session: Eight**

**Daily Topic: Scoring & Finishing**

**Daily Activity Breakdown:**

0:00-0:25 The Training Session (developing the attitude and training factor through soccer related exercises and games)

0:25-1:00 The Coaching Session (developing daily technique factors from technical through to tactical)

1:00-1:10 Break (competitions/quizzes)

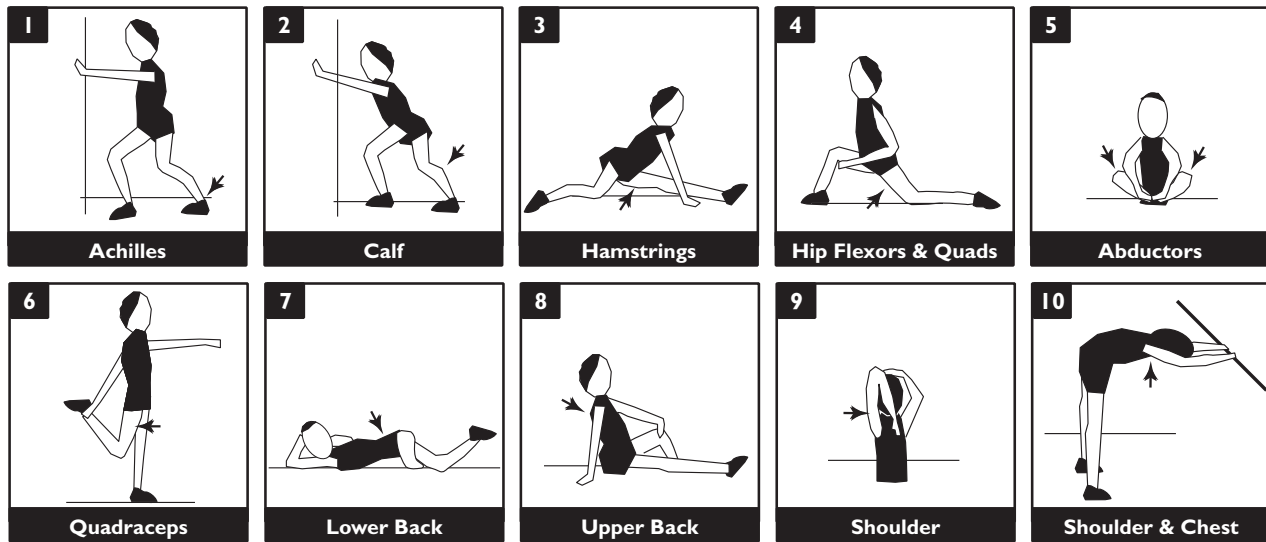
1:10-1:25 Practice Like a Pro (developing the functional awareness of players, their roles and responsibilities)

1:25-1:40 MLS Tournament (taking the daily key factors and applying them in a game)

1:40-2:00 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

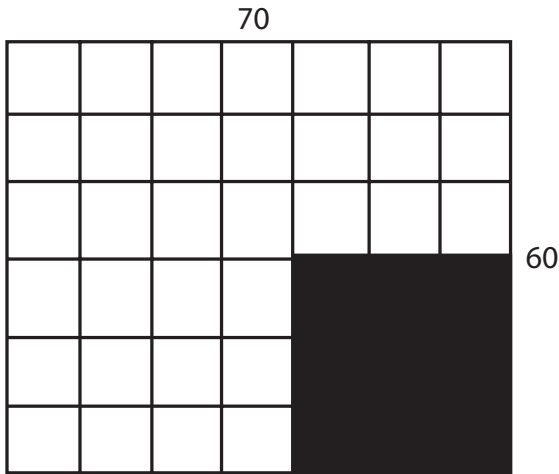
- Change - change direction, increase speed of turns as players get warmer
- Heel flicks - lean forward and flick heels up to bottom (hamstring stretch)
- Outside of foot flicks - put hands up to sides and touch outside of feet by flicking them up
- Thighs up - put hands out in front, palms down; slap 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

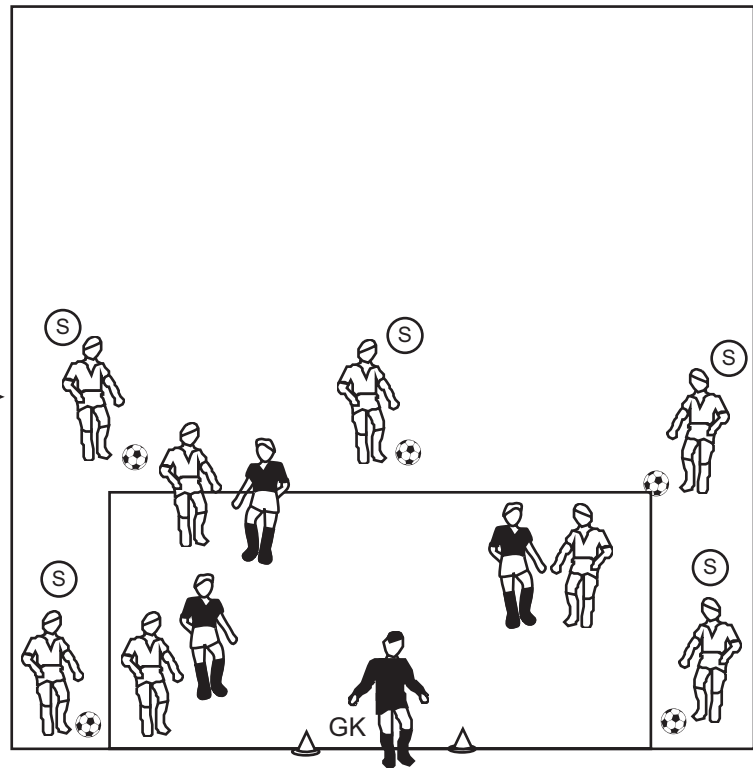
Be consistent; stretch slowly; do not bounce; hold each stretch 10 - 20 seconds and repeat 2 - 4 times on each side of body; move until you feel a moderate sensation; there should be no pain.

# TRAINING SESSION - Scoring & Finishing

World Cup



ASSUMPTION: 12 PLAYERS IN GROUP



## Purpose

To develop finishing in the prime scoring area.

## Organization

Set out a 30 x 30 yard area and recreate the 18 yard box around the goal. Position five players around the periphery of the area. Play 3 v 3 inside the area. One ball per server.

## Game Objective

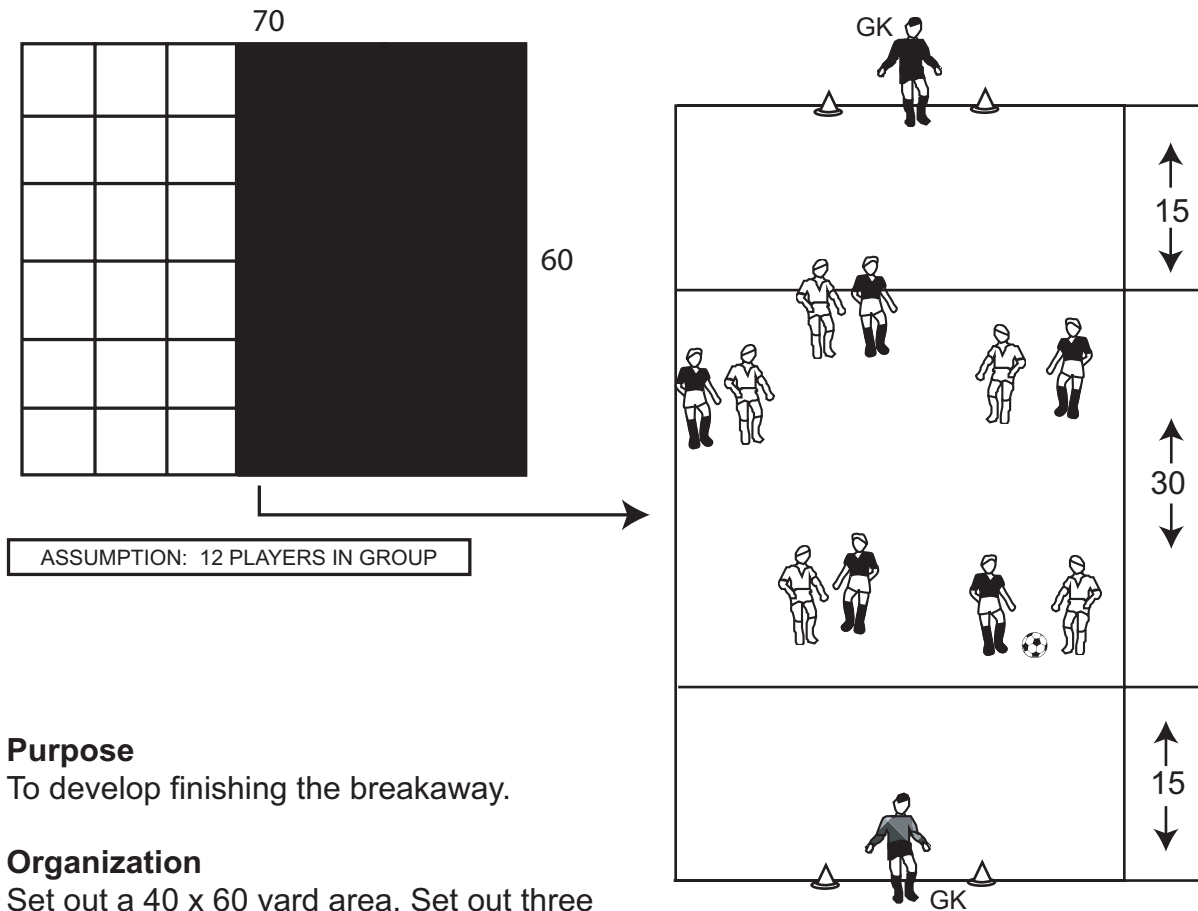
Servers take turns to serve the ball into the goal area to one of the team nominated by the coach inside the area. The player can either a.) turn on the ball and shoot directly on goal or b.) play the ball back to the server who shoots on goal, or c.) pass to another teammate. Servers score for the team passing them the ball. Servers are allowed only 1 touch. Rotate positions.

## Key Coaching Points

1. Assess the quality of the receiving players first touch.
2. Servers must communicate with their attacking teammates to inform them of their options.
3. Turn and shoot in one continuous movement.
4. Follow in for rebounds.
5. Shoot early—shoot low.
6. Be creative—backheels—toe pokes.

# COACHING SESSION - MLS Competition

## Breakaway



### Purpose

To develop finishing the breakaway.

### Organization

Set out a 40 x 60 yard area. Set out three grids within the area according to the dimensions shown in the above diagram. Play 5 v 5 in the 30 x 40 yard grid.

### Game Objective

The team in possession plays the ball around the central area. The goal of the game is to penetrate into the attacking area and finish a 1-on-1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.

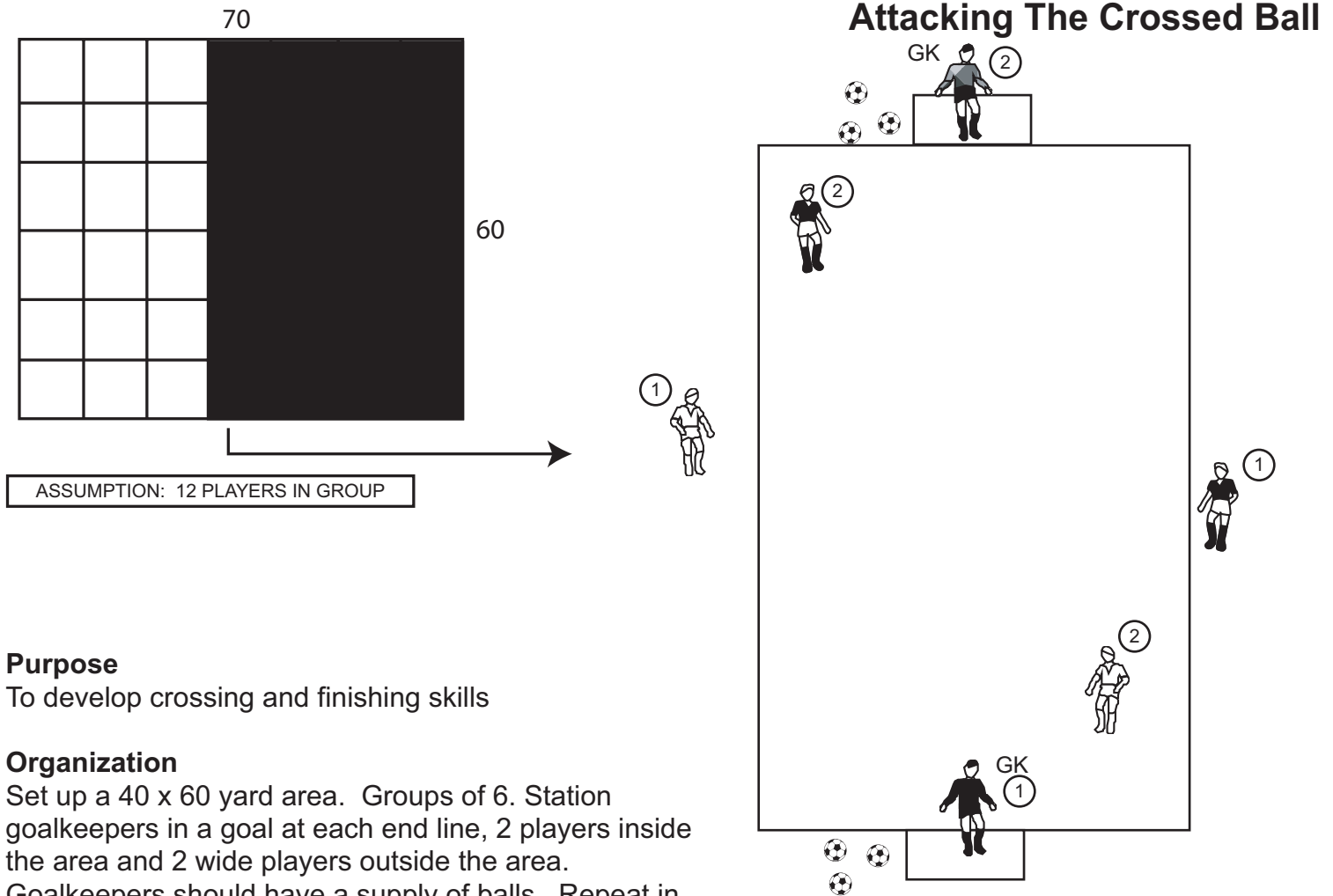
### Progressions

Allow a single defender to pursue the attacker to pressure or block the shot.

### Key Coaching Points

1. Be composed. Try to get to a central position in front of the goal.
2. Assess the position of the goalkeeper before selecting the shooting target.
3. Use an early fake or body swerve to unsettle the goalkeeper and move him out of position.
4. If the goalkeeper comes out quickly, you can dribble around him.
5. If the keeper comes, then stops, you may be able to chip him.
6. If you choose to shoot, think about placing the ball past the keeper.

# COACHING SESSION - Scoring & Finishing



## Purpose

To develop crossing and finishing skills

## Organization

Set up a 40 x 60 yard area. Groups of 6. Station goalkeepers in a goal at each end line, 2 players inside the area and 2 wide players outside the area.

Goalkeepers should have a supply of balls. Repeat in another area for a total of 12 players.

## Game Objective

Dark goalkeeper #1 distributes the ball to dark player #1, who advances the ball up the touch line with his first touch and crosses the ball to dark player #2 with his second touch. Keepers must stay on their line throughout the practice. Repeat in the opposite direction from light goalkeeper #2 to light players #1 and #2. The wide player should attempt to vary his serves to near, middle and far post positions.

## Progressions

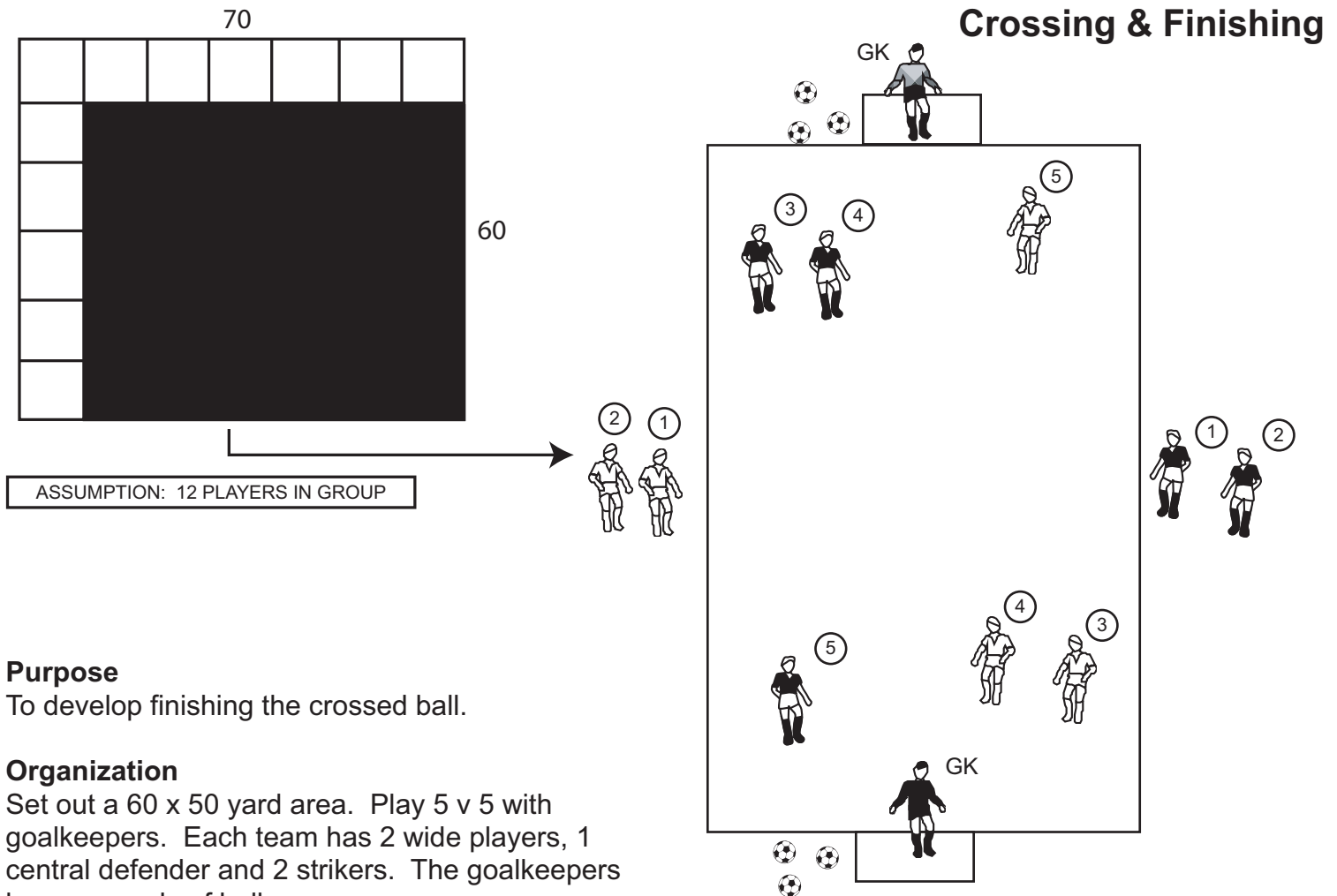
1. Which team is the first to score 5 goals by either a header, volley or flick?
2. Dark player #1 and #2 compete against the light team with dark goalkeeper #1 playing with the dark team and light goalkeeper #2 with the light team.

## Key Coaching Points

Crossing the ball:

1. The ball should arrive between head and knee height in front of the attacker.
2. For near post crosses, aim to hit the edge of the 6 yard box in line with the near post.

# COACHING SESSION - Scoring & Finishing



## Purpose

To develop finishing the crossed ball.

## Organization

Set out a 60 x 50 yard area. Play 5 v 5 with goalkeepers. Each team has 2 wide players, 1 central defender and 2 strikers. The goalkeepers have a supply of balls.

## Game Objective

Teams compete against each other in an attempt to score goals from crossed balls with either a head volley or flick. The 2 wide players take it in turns to deliver crosses to the 2 strikers attacking the prime scoring area. The 2 strikers should look to make split runs (arriving in different areas) and cross over runs to drag the defenders out of position.

## Progressions

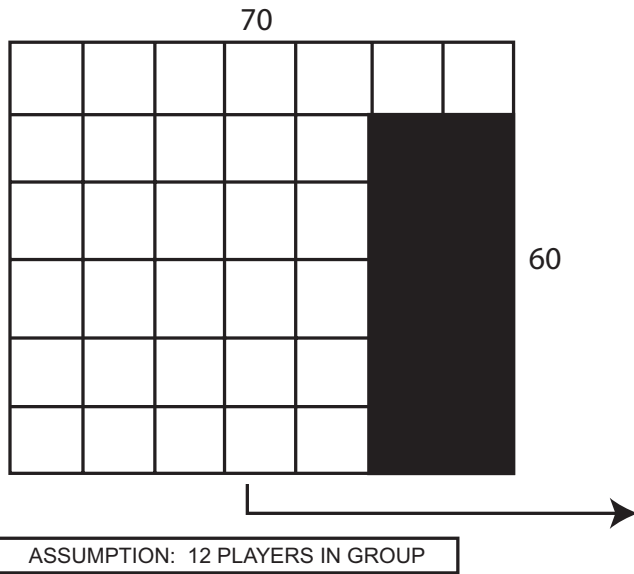
1. Dark player #1 dribbles to the end line and turns and plays the ball back for a first time cross by dark player #2.
2. All crosses delivered first time after an overlapping run by the wide players.
3. Put 1 wide player from each team on each side of the field. They now have to dribble past each other to cross the ball.

## Key Coaching Points

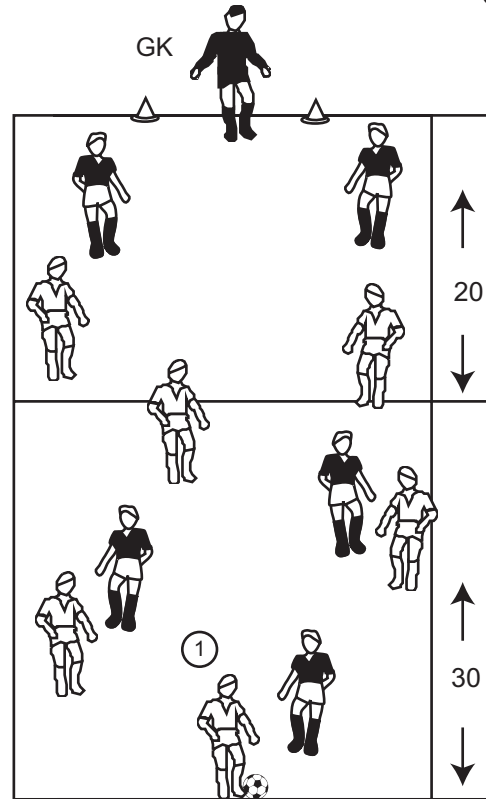
Attacking the ball:

1. Don't run across the cross, but come down the line of it.
2. Try to get in front of the defender at the near post.
3. Time your run so you meet it moving forward.

# PRACTICE LIKE A PRO - Scoring & Finishing



## Striker's Space



### Purpose

To develop transition and support from the midfield.

### 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 4 v 3 in the larger area and play 2 v 2 with a goalkeeper in the smaller (attacking) area.

### Game Objective

Light player #1 starts with the ball. The four light players in the larger area combine to pass the ball into the attacking area. The player who passes the ball into the area follows the ball into the attacking zone to make a 3 v 2 situation. Finish with a shot on goal. Rotate positions.

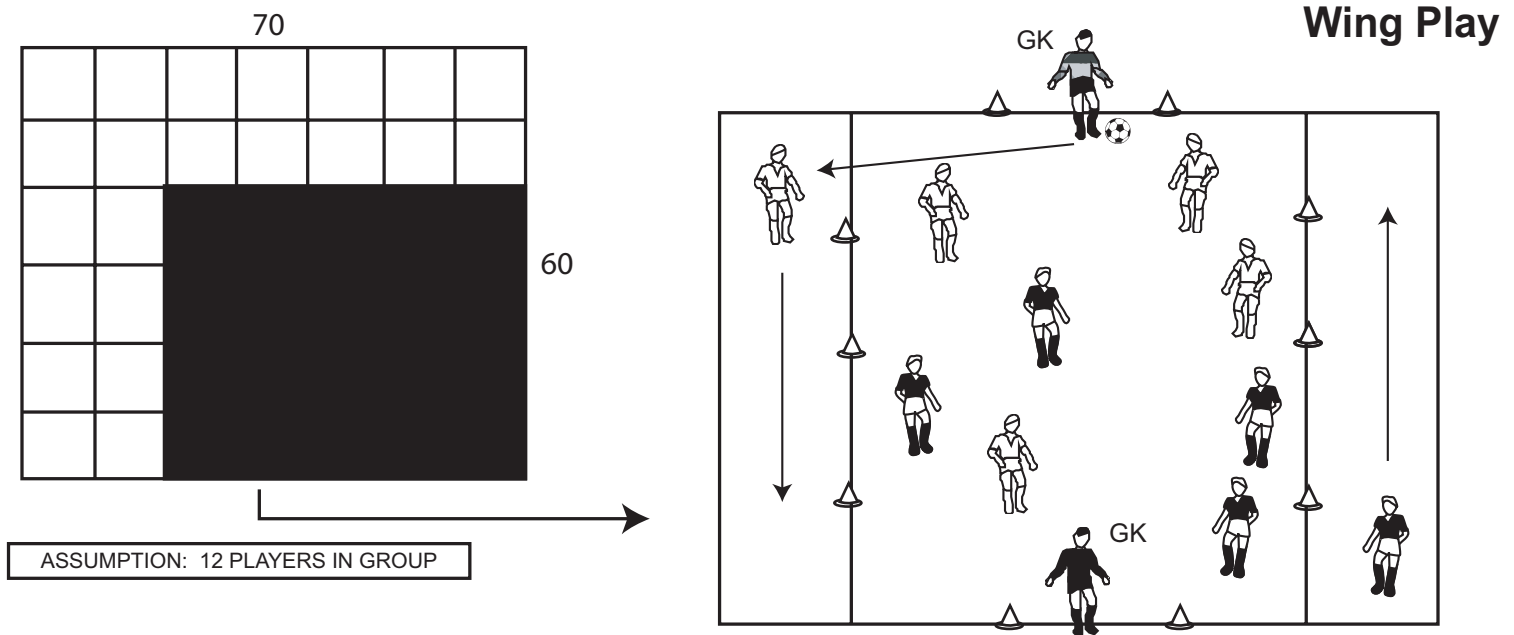
### Progressions

Play 6 v 5 in an open 30 x 50 yard field.

### Key Coaching Points

1. The supporting player should move into a position at an angle and distance away from the receiver.
2. Shoot on goal at the earliest opportunity.
3. Encourage players when they shoot and miss. Shooting is an attitude that must be encouraged and fostered.

# MLS TOURNAMENT - Scoring & Finishing



## Purpose

To develop width in attack.

## Organization

Set out a 50 x 40 yard area with 5 yard channels along each sideline. Station one player in each channel. Play 4 v 4 in the central area with a goalkeeper at each end.

## Game Objective

The goal of the game is to get the ball to your team's wide player stationed in the channel. The wide player sprints the distance to the opposing goal line and delivers a cross to the prime scoring area for his teammates who are attacking the goal. Repeat in opposite direction.

## Progressions

When the wide player gets the ball in the channel, the nearest player from the defending team can enter the channel one disc behind where the ball crossed the line. The defender then pursues the wide player down the channel challenging the cross.

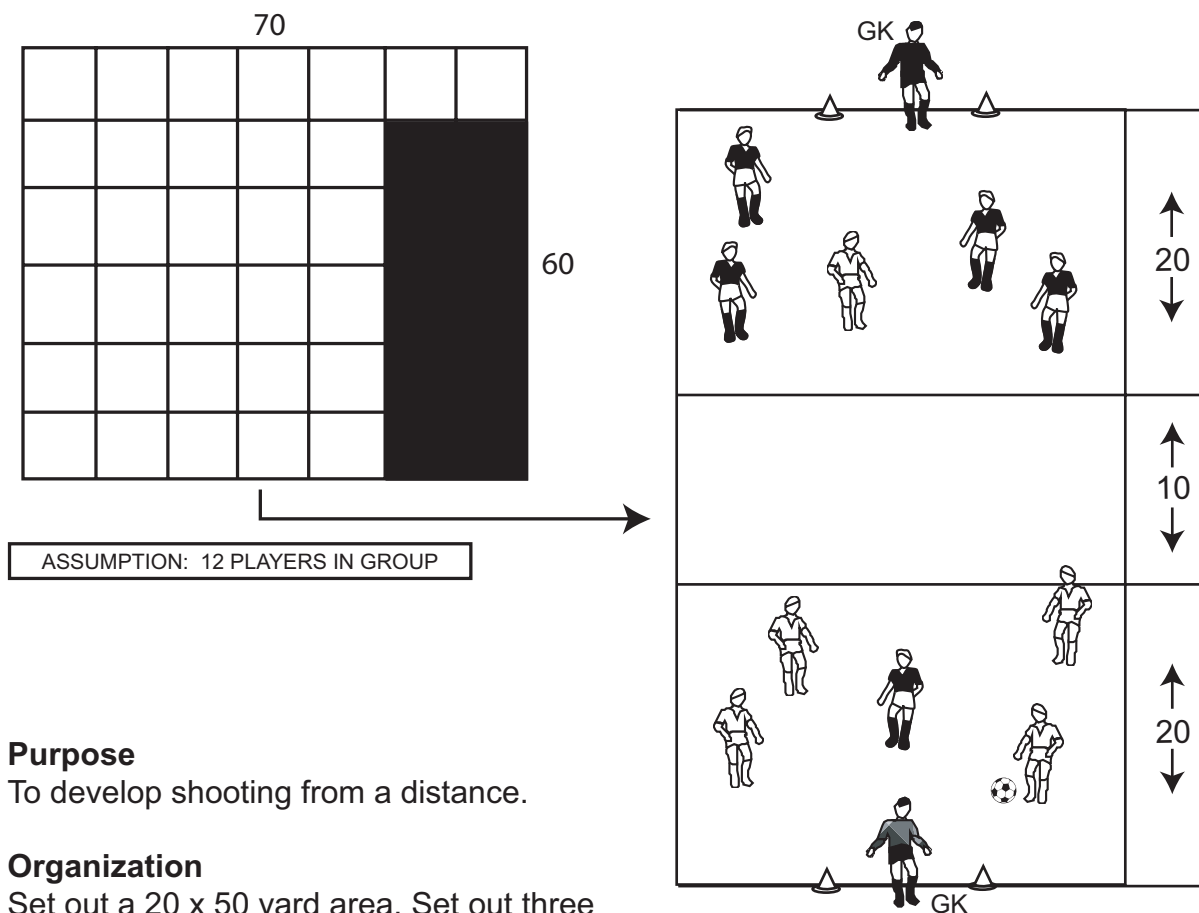
## Key Coaching Points

1. Get the ball to the wide player as quickly as possible.
2. Draw the defender beyond the near post, creating space behind him for an attacker penetrating the mid-goal area.
3. Make decoy runs such as the crossover or diagonal run to confuse the defense.



# ALL OUT ATTACK - Scoring & Finishing

## Power Shot 1



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, plus a goalkeeper.

### Game Objective

The four light players combine to advance the ball past the lone dark defender into the midfield area. The lone light attacker 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. Encourage players to penetrate the midfield area as quickly as possible and to shoot in one continuous movement.
2. Composure is an important prerequisite to successful shooting.
3. Strike through the middle or top half of the ball.