

Finishing

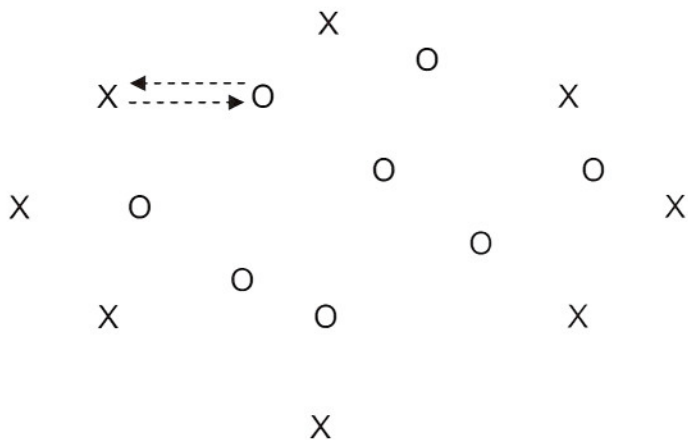
Warm-up: Bridge Passing: Players in pairs w/ one ball. Players stand 10yds apart. The player w/out the ball opens their legs to create a goal. The player w/ the ball attempts to pass the ball between his/her partner's leg. When the ball goes through the player's legs that player turns and sprints after the ball. Once the player gains control of the ball he/she now tries to put it through their partners legs.

1) Windows Shooting: 8 players without a ball form a large circle. The other 8 players are inside the circle w/ a ball. The 8 inside players do a move then shoot the ball to an outside player on the ground. The outside players play the ball back to the inside player. Players must make eye contact before they shoot. Make sure to address the correct form for shooting. Vary the forms inside of foot, outside of foot and laces.

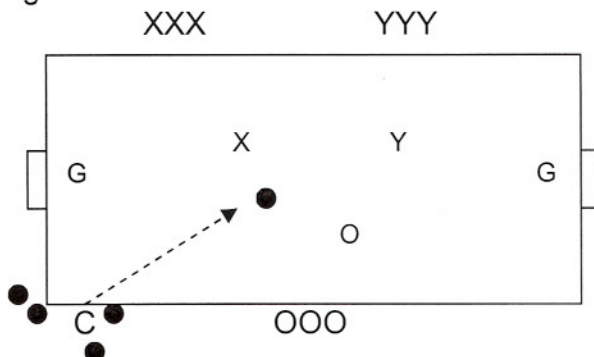
Coaching Points

- 1) "Be a Hero"
- 2) Toe down Heel up
- 3) Run Through the Ball
- 4) Camera pointed towards target
- 6) Proper Decision
- 7) Composure

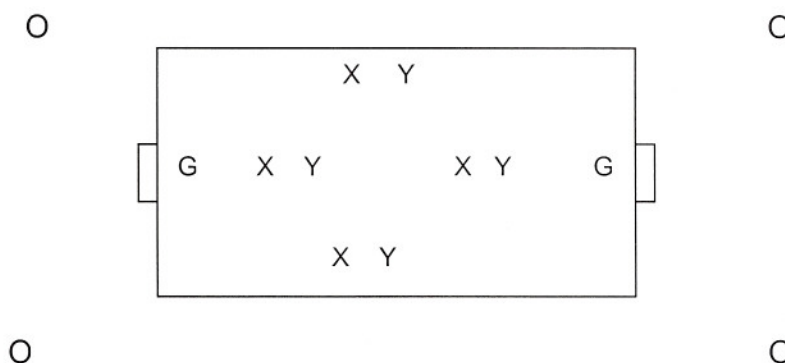
- > Path of ball
- > Run of player
- ~~~~> Dribble



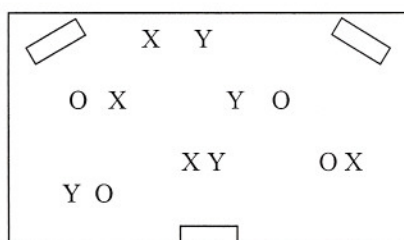
2) 2v1 to 2 goals: (Area 20X15) w/ two goals. Divide the players into 3 equal teams. Coach plays one ball out and 1 player from each team enters the field. Whoever gets to the ball first goes 1v2 and may go to either goal. If one of the defenders steals the ball they go to goal. If the keeper makes a save he/she plays the ball to the player furthest from his/her goal.



3) 4 V 4 to Goal (Area:40X30) Three teams of 4. Two teams play 4v4 to goal. The third team places two players behind each goal. The team that gets scored on leaves the field and replaces the players that are resting.



4) 4 V 4 V 4 to Three Goals (Area: 20 X 40) Three teams of 4. All teams defend one goal and may attack the other two goals. The first team to have three goals scored on them is eliminated and must chase the balls until the game ends.



Cool Down: Junkyard Soccer: Two equal teams (size may vary), each player w/ a ball. Two equal sized grids w/ a 5-10yrd neutral zone in the middle. Each team defends their own grid and is not allowed in the neutral zone. The object of the game is to get all the balls in the other team's grid.