



Description

Find the Finish

Field: 2 Fields 20 x 30 with cones making 6-8 yard goals depending on ages

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

-Balls at ends between fields for easy restarts

-2 games of 4 v 4 with GKs

-rotate teams and GKs each round

Gameplay:

- Gk starts ball

- Score in goal for point

Points:

- always look for goal first

- Find space to get shot off

- use of different parts of foot to finish

Questions to ask:

-What is needed to score? (Space and ball)

- How can teammates help create this (Spread out)

- What to do in space? (shoot)

-After shot then what? (follow)



Finish Your Chance

Field: 1 Field 30 x 30 with cones making 6-8 yard goals depending on ages

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

-1 player per ball in middle and 1 gk per goal on outside (if large numbers, may make 2 goals per side)

-divide in to groups (group 1, 2, 3)

Gameplay:

- coach has players in shaded area dribbling and doing footwork on ball.

- on coaches command (i.e. group 1), that group take a touch out of box and shoots on goal (1 player per goal). Limit touches outside of box to create longer shots. May add defenders who switch with attacker if ball stolen

-Score in goal for point, get ball and return to center

-Rotate gks each round

Points:

- always look for goal first

- use long touch to get ball out of body, look at goal, look back at ball and follow through to target

-lock ankle

- use of different parts of foot to finish

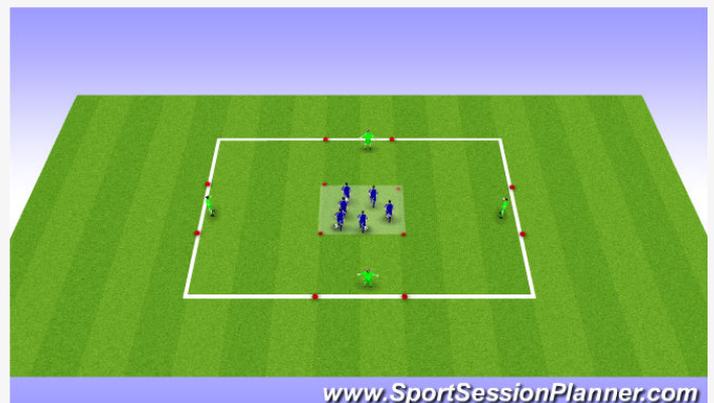
Questions to ask:

-where is goalkeeper?

- can we hide our shot from gk?

-After shot then what? (follow)

- what is difference between shooting and finishing?



Beat the Keeper

Field: 8 yards wide by 24 yards long (make enough so each group has one)

Time: 2 min game to 1 min rest x 5 = approx. 15 min

Setup:

- Balls at ends between fields for easy restarts
- 2 shooters at either end with a GK between cones in middle)
- rotate players each round and change shooters distance to goal

Gameplay:

- shooter 1 touches ball out and shoots gk. Next ball comes from shooter 2. If GK makes save, roll ball to shooter two.
- Score in goal for point (beneath shoulders of gk)

Points:

- bigger touch = more space to get speed for power
- technique first, then add speed for more power
- kicking foot follows ball to spot in goal where you are aiming (land on shooting foot)

Questions to ask:

- how to disguise shot?
- After shot then what? (follow)
- how does different parts of foot change the shot?



Scrimmage

Field: 2 Fields 20 x 30 with cones making 6-8 yard goals depending on ages

Time: 2.5 min game to 1 min rest x 4 = approx. 15 min

Setup:

- Balls at ends between fields for easy restarts
- 2 games of 4 v 4 with GKs
- rotate teams and GKs each round

Gameplay:

- Gk starts ball
- Score in goal for point

Points:

- always look for goal first
- Find space to get shot off
- use of different parts of foot to finish

Questions to ask:

- What is first option? (can we score)
- if I cant score, how can I set up teammate to score?
- How to create space to shoot? (dribble or pass)
- After shot then what? (follow)

