

# 12+ Week #7 -

# PLAY — PRACTICE — PLAY

# "Shooting and Finishing"

# **Dribbling move** Step over

PLAY	
10	mins.

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed

Let them play

# **Activity Description**

### Set Up Diagram

# **Coaching Points**

#### **Chase & Shoot:**

# #1

15 mins

Split players into 2 groups each player has a ball. Set up two goals with each group next to a goal. The first player from one group starts by dribbling to the opposite goal and takes a shot. Immediately after taking a shot the first person in line from the other group dribbles towards the opposite goal as the shooter chases them to add pressure. The chaser must run through the gate then chase. The new dribbling player now shoots and chases and this continues back and forth. Players end up back in their original line after they chase & take a ball out of the net.



- Transition from shooter to defender must be quick
- Dribble with speed but under control
- Shoot for the corners
- Defenders should not catch the attackers it is the added pressure of them chasing.
- Compete to see which team scores 5 goals first.
- Add GK's

#### **Shooting race:**

#2

15

mins

Two teams with two small goals. Line up next to each goal each player with a ball. The first player in each line starts at the same time and dribble around the top cone for a shot on goal. The second player in line starts when the player in front takes a shot. See who scores 10 goals first.

Add GK's

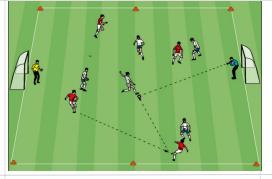


- Proper technique and body control
- Placement vs. power
- Quality preparation touch
- Proper selection of contact surface
- **Quick** dribble

#### 5v5+1/6v6+1 (includes GK's):

#3

15 mins Two teams of 5 players each plus a neutral will play to score as many goals as they can, taking as many shots and creating goal scoring opportunities. The neutral player will play with the team in possession and he can also score. Encourage players to shoot from distance.



- Proper technique and body control
- Placement vs. power
- Quality preparation touch
- Proper selection of contact surface
- Timing and shape of attacking runs

# **Scrimmage**

**PLAY** 

11V11 Scrimmage

25 mins



Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players