



MASSACHUSETTS YOUTH SOCCER

Season **Spring 2016**

Topic

SHOOTING 2 - FINISHING

Objectives (5 W's)

Who: #7, #9, #11 **Where:** Around and inside the opponent's penalty box
What: Shooting, Passing, Receiving, Dribbling, Penetration, Support, Mobility, Improvisation
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

- Area: in a 20Wx30L field with goals at each end
- Players #7, #9, and #11. Groups have 3 minutes to combine and score as many goals at each end.
- ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2
- ~ Interval 3: What team can score the most goals in 3 minutes

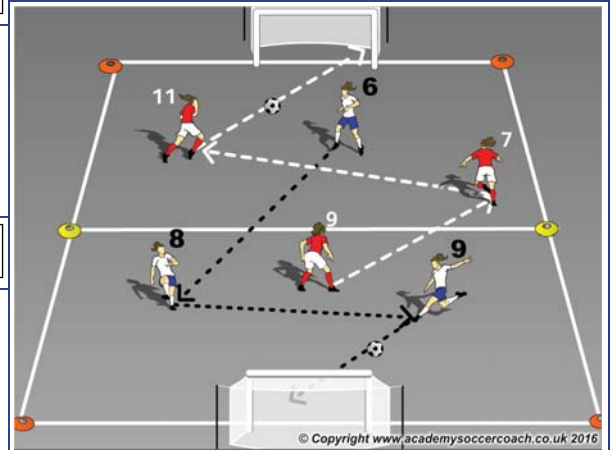
Coaching Points

Activity Time Rest Intervals

- What? Technique of Shooting:
- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Non-kicking foot beside ball. Ankle locked, angled approach to ball
- ~ Strike ball with laces or the inside of the foot that the center of the ball

Stage 1

Shooting Boxes



Stage 2

4 v 4 - 60 Seconds Game



Organization

Duration Intensity

- Area: in a 20Wx30L field with goals at each end line.
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #6, #8, #9 - After a team gets scored on they have 60 seconds to score in the opponent's goal. The team who scores the last goal wins the game

Coaching Points

Activity Time Rest Intervals

- What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration Intensity

- Area: in a 20Wx30L field with goals
- Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #6, #8, #9 - Play to score in the opponent's goal. All rules apply.

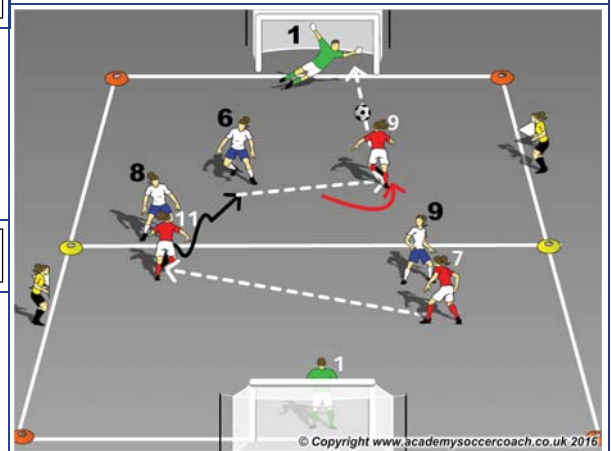
Coaching Points

Activity Time Rest Intervals

- What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance
- Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When?

Stage 3

4v4 to Goal



Stage 4 - 7v7

Duration Formation Activity Time Rest Intervals

Organization

In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to shoot when in range

Coaching Points

Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.