

Shooting and Finishing Activity

Category: Technical: Shooting Skill: U12

Pro-Club: Illinois Youth Soccer Association Rick Flores, illinois, United States of America

Small Sided Game Shooting and Finishing (15 mins)

Players will play 3 v 3 going to goal. One of the 2 defenders will pass the ball from one side of the field to the other and alternate after each session. The 2 defenders will apply immediate pressure as the 3 attackers will work toghether and look for moment to shoot and finish.

Coaching Points

First Touch upon receipt of ball
Possess and create scoring opportunity with teammates
Placement before power if close enough to goal
Technique of following through on long shot
Plant foot and locking ankle

