



Girls 97 Red - Finishing - 14Sep15

Category: Technical: Shooting

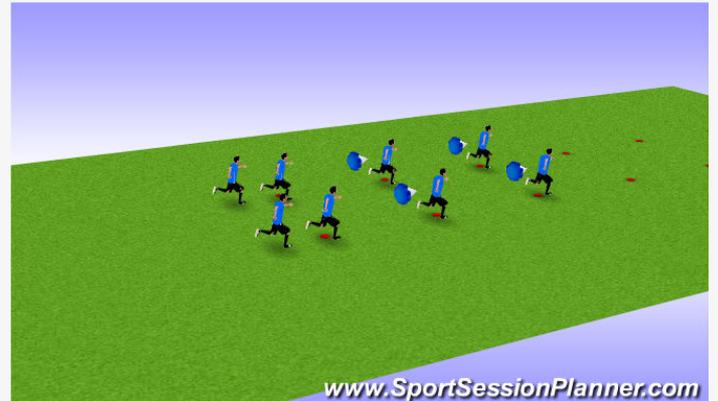
Difficulty: Difficult | **Start Time:** 14-Sep-2015 20:00h

: Prince William Soccer

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FIFA 11+ (20 mins)

For full FIFA 11+ explanation go to <http://f-marc.com/11plus/home/>



Short-Short-Long (10 mins)

Short-Short-Long

One ball per group of 4. Players organized in opposite pairs.

Ball is played long to deepest player. Player walls with teammate and plays long. Ball striker becomes wall. Wall becomes new ball striker.

Switch activity on 2 minutes

Progression 1: 15-20 yard ball on ground

Progression 2: 20-25 yard ball driven for 1 bounce

Progression 3: 35-40 yard ball clipped, bent

Progression 4: 45-50 yard ball driven

Coaching Points

Ball striking technique - plant foot, follow through, surface | Timing and rhythm



Technical Shooting - Opposite Line (15 mins)

Technical Shooting - Opposite Line

Each player has a ball. Start lines 20 yards apart with 2 yard offset. 3 minutes per activity. Both feet.

Progression 1: Dribble to center, lay behind, shoot ball from other player

Progression 2: Basketball dribble to center, toss over head, volley ball from other player

Coaching Points

Done at game speed | Give quality pass | Technical shooting



4v4+1 Shooting Game (20 mins)

Shooting Game - 4v4+1

Game is played 4v4+1 with extra players off. Player is replaced on a shot that misses the target or loss of possession.

Progression 1: Shoot anytime

Progression 2: Shot after 4 passes, broken line or combination

Progression 3: 1v1 with goalkeeper after 4 passes, broken line or combination

Coaching Points

Mentality and confidence | Body shape to 1st touch shot | Think ahead to how you can shoot | Team shape



2v2 Flying Changes (15 mins)

Game is played 2v2 + GK. On ball over defensive end line new pair dribbles new ball on to field. (Original pair is off.) Ball across touch line is played to appropriate team from teammates.

Coaching Points

Immediate transition | Attacking mobility | Defensive patience | Communication



Set Piece - Central Attack (10 mins)

