



U15 Finishing

Category: Technical: Shooting
Difficulty: Moderate

Howard Rushton, CG, United States of America

Description

Warm up

Technical warm up

4 people per group with 2 balls.

1 person working at times. Player 3 (red) toss the ball to player 4, player 4 pass it to player 2, then player 1 to 4, 4 to 3. Always pass the ball back to the player who doesn't have the ball.

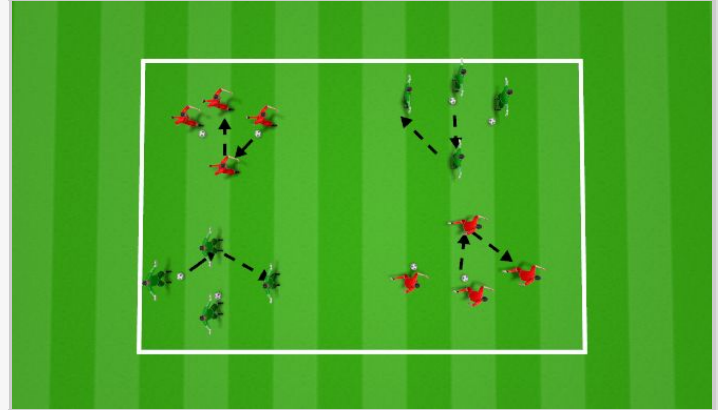
- Variations of touches - inside foot, laces, thigh control + volley, header, chest control + volley. (1 touch or 2 touches)

Every 30 sec change / every 10 passes change

Can make it fun - Individual challenge - how many passes you can make in 60 sec, etc.

Coaching points

- stay on the toes
- techniques break-down mechanism
- body shape
- talk (always ask for the ball)



#1 drill

Organisation

3 ways shoots

3 lines (red cones indicate point A/B/C)

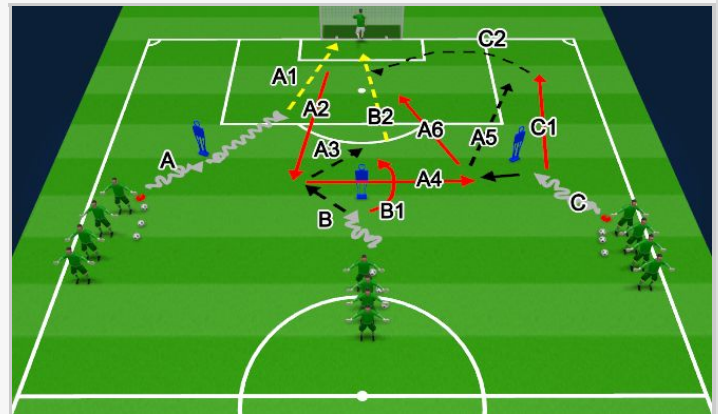
Start with A, blue #1 player will dribble the ball towards mannequin and perform a trick to cut inward and shoot. (A to A1)

Then will run toward the mannequin in the middle (A2), create angle for a wall pass with B, meanwhile, B will start dribble the ball toward mannequin and do a wall pass with A and control and shoot (B2).

then A will run toward the last mannequin (A4), C will then start dribble inward and pass to A, and A will make a through ball (A5) to C, make run down the line, cross the ball (C1 and C2)

then B will be inside the box to finish, A will then make run (A6) to the edge of the box in case C pass back.

Rotate every 6-8 minutes.



#2 drill

Organisation

3 teams of 4 or 3 teams of 5 (depending numbers) + 2 GKs
4v4 / 5v5 on field, with one team being neutral players on the outside.

Targets

GOALS GOALS GOALS!!

Possession game with the main objective of scoring as many goals as possible.

Be positive and always look to play forward to create scoring chances.

Balls always start with GK, GK will pass the ball to one of the team and start the attack. Attacking team can use the neutral players on the outside, but not the ones next to your own goal.

Make good use of the number advantage to create chance. Ideally always look to pass to the neutral in front of you.

For example, Red #1 pass the ball to Yellow #4, can Red #3 make a run to receive/or to finish first touch.

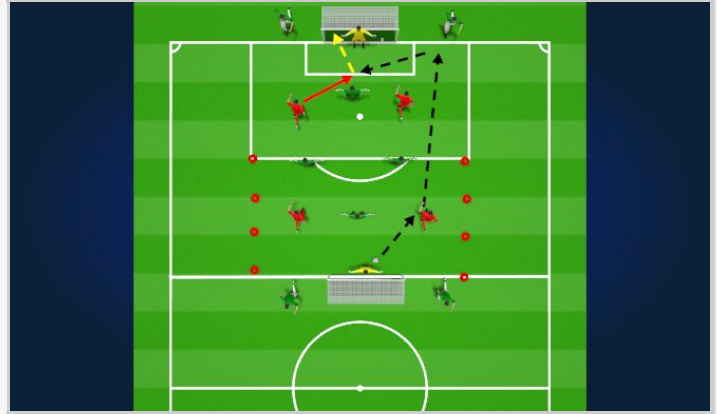
*Try to always look for chances to shoot. BE AGGRESSIVE!

If blues win the ball, they then will do the same.

Aim for high intensity, change every 4 mins.

Progression - Neutral players have only 1 touch.

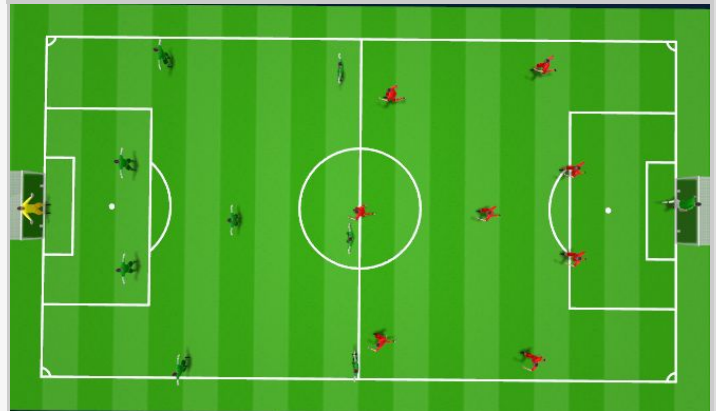
Regression - 3v3 in the middle or add a neutral player to create overloads.



SSG

SSG9

9v9



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?