

Week 5: Finishing (a.k.a. Scoring Goals!)

May 23, 2011 – updated for June 6, 2011

Community Soccer U-12 Girls

Coordinator: Ali Conquest

Coaching Points

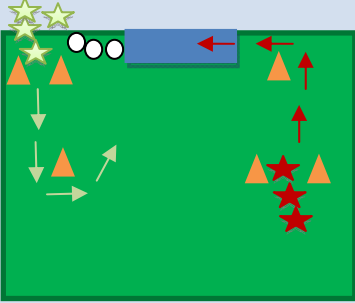
- ⚽ Placement (accuracy) vs. Power
- ⚽ Approach ball at slight angle
- ⚽ Use laces (not toe) for shooting
- ⚽ Keep body over the ball (momentum going forward)

7:15-7:25 p.m.

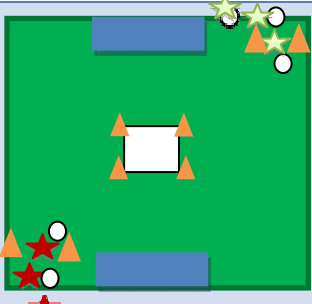
1. Warm Up:	<ul style="list-style-type: none"> • Everyone will have a ball • Toss ball to self, kick the ball upward and catch it • Use laces to pass to a partner (1 point if they catch it) 	Coach Ali will run this activity with the assistance of the parent coaches and trainers	Emphasize coaching points (above).
--------------------	--	---	------------------------------------

7:30-7:45 p.m. –

Activities 2 & 3 will be run simultaneously on each field. After 15 minutes, the teams will switch activities. Travel coach will stay with the activity.

2. Keepers & Strikers	<ul style="list-style-type: none"> • Divide players into 2 teams • Place cones as shown in diagram. • Coach will pass balls in from end line to the first person, who makes a run from the end line (keep the balls moving quickly here!) • The defending team (red in diagram) runs around the cones to get in a position to save the shot. • Offensive team gets 1 point if they score a goal. Defensive team gets a point for a save. • Teams switch after everyone shoots two or three times. 		<ul style="list-style-type: none"> • Placement • Get head up to see the goal, then eyes on ball • Approach at slight angle <p>Variation: switch cones/lines to the opposite side of the goal (encourage players to practice shooting using each foot)</p>
----------------------------------	---	--	--

7:45 – 8 p.m.

3. Striker Wars	<ul style="list-style-type: none"> • Setup field as shown. Create two teams with lines outside of the goal area (think safety here). • Every player has a ball • Players dribble alternately to the “striking zone” and shoot • After players shoot they become their team’s goal keeper and retreat back to their goal • The other team may send their “striker” as soon as their opponent shoots • Fast continuous action 	 <p>White box = striking zone</p>	<ul style="list-style-type: none"> • Try to dribble fast to catch keeper out of position • Last dribble “prep touch” creates angle of approach • Strike with laces, head down, eyes on ball • Point toe to lock ankle for power • Common mistakes: No angle of approach Leaning back when striking the ball
------------------------	---	---	--

8 – 8:15 p.m.

4. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or play against your “practice partner” team.		<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Use this time to ask trainers questions about game tactics, if needed.
---------------------	--	--	---

Homework: Who can keep the ball in the air longest using only their feet? Want to improve each week. **Week 6’s goal = 7 juggles**