

Finishing III

“Technical warm-up” (as players arrive)-Passing Weave

Set up-

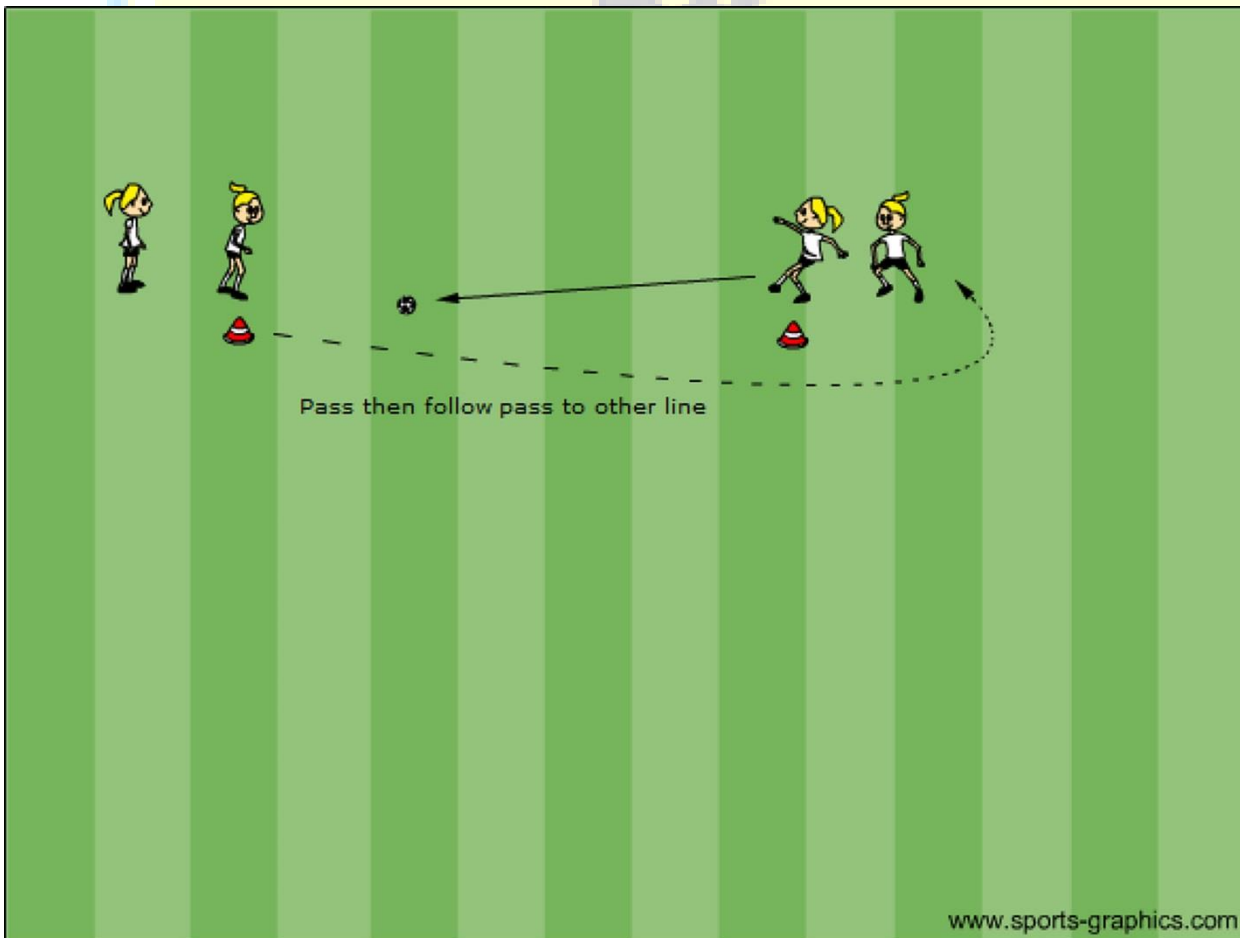
Separate Players into groups of three or four and have them split up and face one another 5-10yds apart (see diagram). One ball per group.

Play-

Players pass and follow pass. Start with “two-touch” passing and move to “one-touch” passing.

Coaching points-

Focus on passing technique and explain that when close to goal, all that is needed is an accurate pass (finesse shot) into the goal to score. “One Timer”



“Expanded Small Sided Activity” Rage in the Cage

Set up-

On a 12x24yd field with a net at each end, place a collection of balls next to each goal. Divide players into two teams and have them line up on opposite touch lines.

Play-

This is a GOAL SCORING game!!! Two teams play 3v3 (+keepers) to goal. Extra players (“the Cage”) on touchlines must stay vigilant. Players in middle may play balls to touchline players for a “one-touch” pass back. Likewise, keepers may play balls to touchline players who might send crosses into the “Cage”. Also, any ball that gets past touchline players due to lack of vigilance results in a point for the opponent. Once a goal is scored, coach yells, “Clear!” All field players move to the touchline and are replaced by the next three players from each team (note: if there are more than three touchline players for each team, they form a line and the exiting players take their place at the end of that line and the next three players enter. Play then continues. If no goals are scored in a given timeframe, the coach may opt to yell, “Clear” and change the players to keep things moving. Teams keep score. Any ball leaving the field of play (including goals scored), return to play through the goalkeepers.

Have extra balls readily available near goals!

Coaching points-

All of above coaching points plus...Shoot when you can! Be alert (everyone!) and position yourself to help your team score! NOTE: depending on numbers, coach may opt to play 2v2 and/or without goalkeepers. Object is to get lots of goals!

