



U7 - U9 Technical Practices: Finishing

Category: Technical: Shooting
Difficulty: Advanced

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Description

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Organisation:

10 Players, 2 feeder, 2 players per group + GKs

swap roles every 5 minutes

Feeder passes the ball into the 1st player.

That player receives on their back foot and passes to the next player to strike.

The striker then becomes the passer as the practice re starts from the other side.

Coaching Points:

Good, clear communication from both players in the middle.

Coach body position to receive pass

Coach safe passing, inside of the foot.

Striking the ball with the laces (not the toe)

Shots on goal two aims: 1. work the goal keeper (on target) 2. score the goal.

Goal Keepers:

Diving to save the ball

Distribution back to the servers.



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Organisation:

1 server on each side (Coaches)

Players arrange themselves behind each red cone and attack as a 3

Server passes to the middle player who attacks the defender (Cone)

Then passes to the wide player to have a shot.

The 3rd player runs in to collect any rebounds

The next group then receives the ball from the other side

Coaching Points:

All passes should be weighted correctly and accurately played in front of the receiving players

Practice should start off with medium intensity and build up to match pace

Good, Clear communication by all players in the middle

ST should generate power on the shot to beat the GK

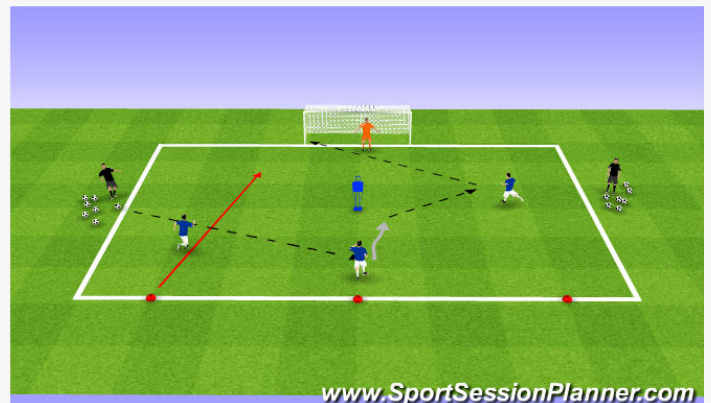
Players follow in on the shot to exploit any rebound.

Goal Keepers:

Diving to save the goal.

Try to use hands whenever possible to save

Distribute by rolling back out to servers



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Organisation:

Players work in pairs in their own column.

One acts as the server, the other as the striker

Server passes to the striker who must take a touch and strike through the ball towards the open small net.

Aim is to have the ball hit the net without bouncing with good technique.

Progression:

Competition between partners and then as a team against other columns.

1st Competition:

Each player gets 4 attempts on goal and then roles swap.

Scoring behind the Green Line: 1 point

Scoring behind the Amber Line: 2 points

Scoring behind the Red Line: 3 points.

Extra Point given if net is hit without the ball bouncing.

2nd Competition:

Working together with your partner. Each player gets 3 attempts, using the same scoring system you try to out do other pairs.

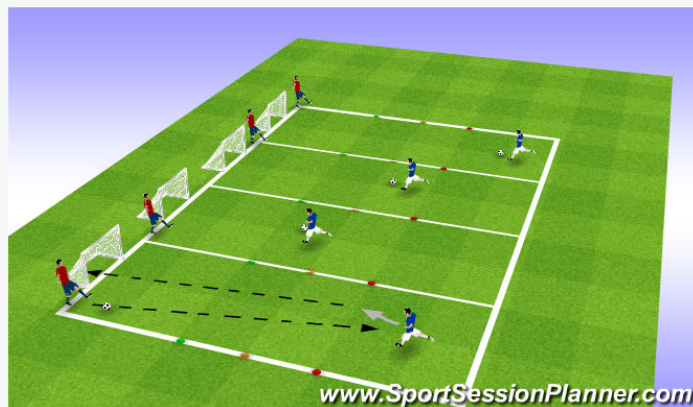
Coaching Points:

Safe passes from servers, inside of the foot.

Positive first touch away from the body to set up the shot.

Non striking foot placed to one side of the ball shoulder width away from it

Keep head over the ball and strike through the middle of the ball with the laces of the boot



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Players start in two lines with two servers in the middle.

Player dribble one a time, then pass to the server who then lays them off for a shot.

They collect their ball from the GK and join the other line.

After 5 minutes the same drill is repeated from the Blue cones and shots must happen using the left foot.

Coaching Points:

Servers ensure safe passes that are manageable for players to run on to.

Players are encouraged to strike the ball first time.

Body position should be balanced to strike the ball.

Using the laces of the boot to strike the ball to generate power.

Keep head over the ball.

Follow through with striking leg through the middle of the ball.

Players Vs GK Competition:

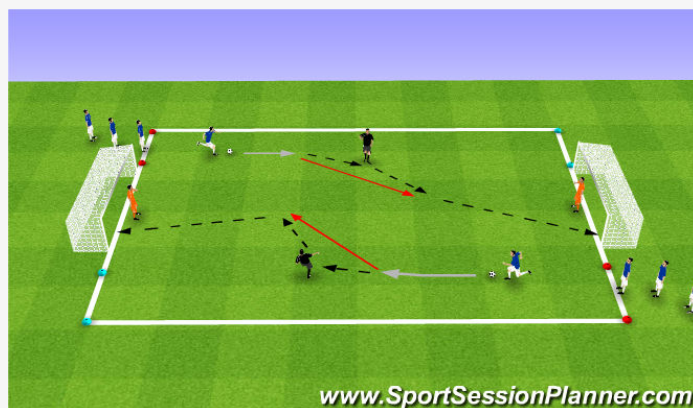
Rules:

Every shot must be 1st time strike

1 point for a goal.

3 points for every save.

Best of 3 rounds, each round lasting 3 minutes.



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Organisation:

Players split into two teams.

Coach has all the balls ready to be served into the area.

Players from each team take turn about to receive a pass from the server and shoot at the goal.

Shots must be taken first time.

If the player hits the target they return to the back of their line

If the target is missed they must go to "jail"

Once in jail their team must score two consecutive goals to free one of their players.

To win the game the other team must be all in jail

Coaching Points:

Safe passes with the inside of the foot from the server

Body position ready to shoot on first touch

Keep head over the ball and strike with the laces to generate power.

Aim for bottom corners

