



U14 Pre-Tryout Session

Category: Technical: Shooting

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

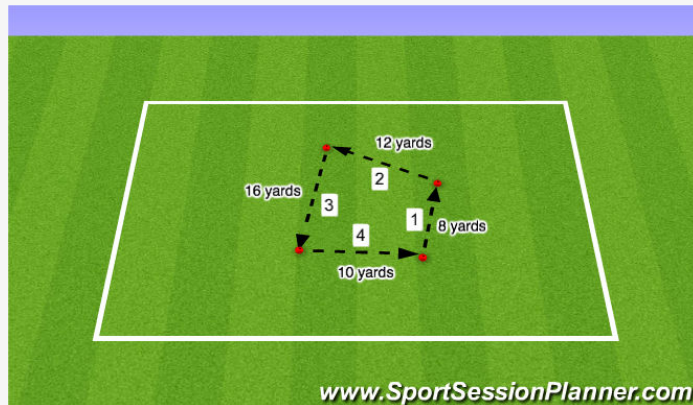
Passing

Set Up

See diagram above

Instructions

Players pass and follow their pass in numerical order. Players should take at least 2 touches to receive and pass.



Finishing Activity

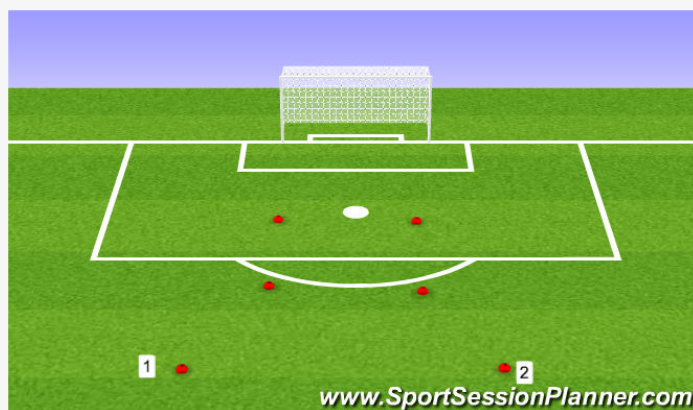
Set Up

6X6 Square that is split in half horizontally by the top of the penalty area and centered between the goal.

Starting cone is 5 yards from square and a slight angle.

Instructions

Players dribble into the square and take a shot. They then collect the ball and the next player does not go until they are out of the goal. Once they collect the ball they go back to the line. In the above diagram all shots start with players on cone 1 so that shots are all RIGHT FOOTED. After 6-7 minutes players should switch to cone 2 so they are now shooting all LEFT FOOTED.



1v1

Set Up

2 Bownets 25 yards apart with width of 20 yards

Cone 5 yards off the post for players to start so they aren't standing right next to the goal.

Instructions

Ball starts by the defender passing the ball across the field to the attacking player. It is a 1v1 until someone scores or the ball goes out. Players DO NOT switch lines until half way through the station when the coach tells the attacking players and defending players to switch.

