

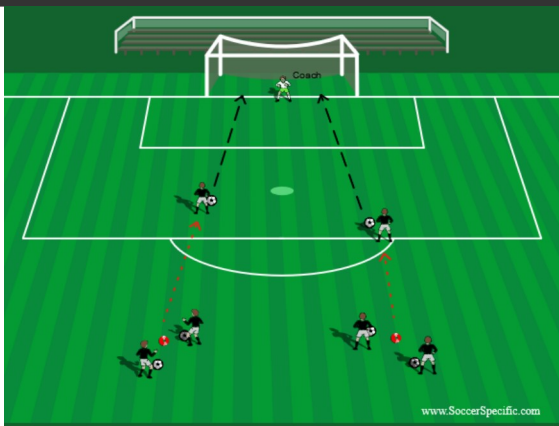


U7/U8 Week 7 - Introduction to Finishing

Date: **Oct 19, 2017**

Duration: **1 Hour**

Team: **HSC Future Phantoms**



1

⌚ 8 min. ↗ 10x20

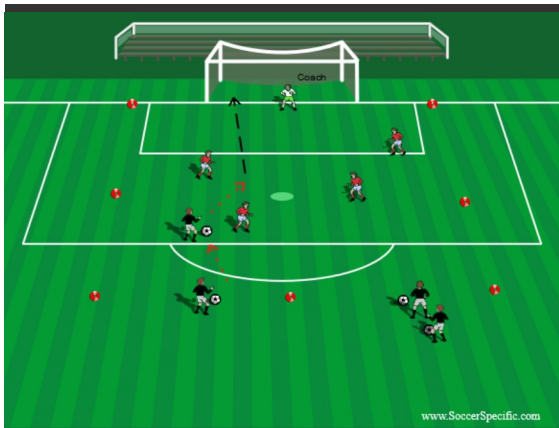
Setup: - Area: 10 x 20-yards with a goal.

- Players should line up in two lines behind cones as shown
- Each player needs a soccer ball.

Instructions: When the coach shouts "Go!", two players dribble down towards the goal. Whenever they want they take a shot on goal, they do so. Coach should act confused and allow most of the players shots to go in! Next pair goes. Players go get their ball, get back in line and repeat.

Coaching Points: - Finishing technique.

- Use your question form coaching points as kids shoot. NO TOES!



2

⌚ 8 min. ↗ 10x30

Setup: - Area: 10 x 30 with a goal on one end line.

- Split players into two groups.
- Place one group inside the area without soccer balls. These players are the "crabs".
- Place the other team on the end line with soccer balls.

Instructions: CRAB TEAM: Players inside the area should take up a "crab" position, leaning backward on their hands & feet. Their job is to steal a players soccer ball and kick it out of the area. They MUST stay in the "crab" position always!

NON-CRAB TEAM: Players on the end line go two at a time. They are trying to dribble through the area past the "crabs" and finish past the coach who is in goal without their ball being stolen. After all players have gone a couple times, switch the group's roles.

Coaching Points: - Dribbling and moves techniques to avoid the "crabs".

- Finishing technique.



3

⌚ 10 min. ↗ 15x20

Setup: - Area: 15 x 20-yards with a goal on one end line and a gate on the other.

- Split players into two groups and number the players in each group 1 to 6.
- Each player needs a soccer ball.
- Place them on the same end line but in opposite corners as shown

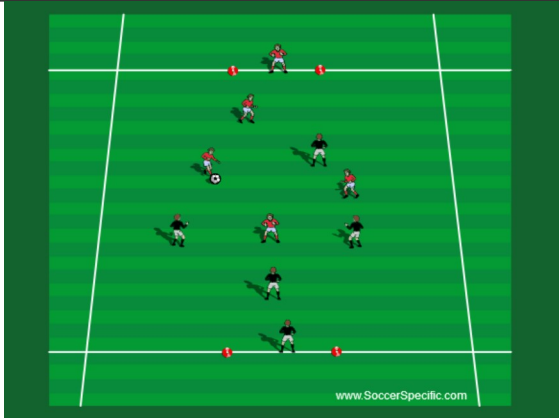
Instructions: First to Shoot: The coach places two soccer balls inside the area. When the coach shouts a number, the representing player from each team runs around the area in into the grid through the gate. The first to shoot the ball into the goal scores a point for their team!

Progression: Same as above, but the coach only puts in one ball. Whoever gets it first tries to score.

Coaching Points: - Finishing techniques.



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Date: **Oct 19, 2017**Duration: **1 Hour**Team: **HSC Future Phantoms****Setup:** - Area: 15 x 25-yards or the half of the field you are practicing in.

- Create 2 cone goals 3-4 yards wide at each end.

- Divide your players into 2 teams (use goalies if you wish)

Instructions: Play a scrimmage!**Coaching Points:** Always end your practice with a scrimmage. You can teach some soccer rules here or reinforce a topic you worked on in practice, but wait for a good moment. This is the time of the practice where kids have the most FUN, so do not stop play too much! Be sure to praise good play, especially if it reinforces your topic!

4

⌚ 20 min. ↗ 15x25

