



MASSACHUSETTS YOUTH SOCCER

Season _____ **Topic** SHOOTING 2 - FINISHING INSIDE THE BOX

Objectives (5 W's)
Who: #7, #9, #10, #11 **Where:** Inside the Penalty Area
What: Shooting, Receiving, Penetration, Support, Mobility, Improvisation
When: The ball has been put across the goal mouth or shooting window is available
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

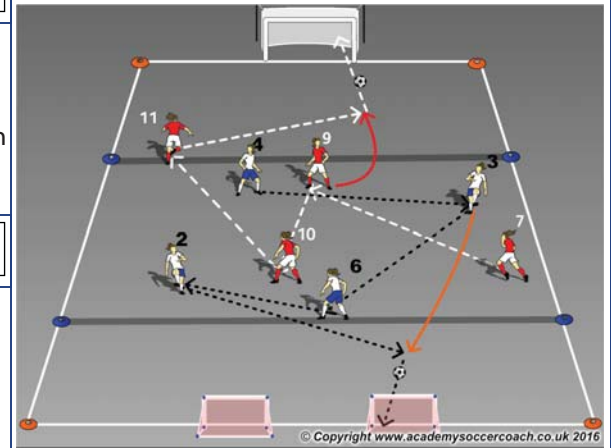
Area: In a 47Wx36L yard field with a goal and two small goals
 Target team (Red) #'s 7, 9, 10, 11, - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?

Coaching Points

Activity Time Rest Intervals

What? Technique of Finishing:
 Knees bent, head down, hips and knee over ball, body slightly leaning over ball
 Non-kicking foot beside ball. Ankle locked, angled approach to ball
 Strike ball with laces or the inside of the foot at the center of the ball

Stage 1 Shooting Competition



Stage 2 4v4 - Romario Game



Organization

Duration Intensity

Area: In a 47Wx36L yard field with a big goal and two small goals
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals.
 Scoring: A goal scored by one touch is 100pts. Goal scored with 2 touches is 50 points. Any other goals is 1 point

Coaching Points

Activity Time Rest Intervals

What? Technique - Shooting: Accuracy and pace Receiving: Body position, surface selection of the foot and ball, first touch direction and distance

Attacking Principles - Penetration: Who? Where? When? Why? Support: Who? Where? When? Why? Mobility: Who? When? Why? Width: Who? When? Why?

Organization

Duration Intensity

Area: in a 47Wx60L yard field with goals
 Target team: #'s 1, 4, 5, 7, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All rules apply.

Coaching Points

Activity Time Rest Intervals

What? Technique ~ Shooting and Receiving

Principles of Attack - Penetration: Who? Where? When? Why? Support: Who? Where? When? Mobility/Width: Who? Where? When? Improvisation: When?

Stage 3 7v7 Finesse



Stage 4 - 9v9

Duration Formation Activity Time Rest Intervals

Organization

In a 47Wx75L field play 9v9. All FIFA rules apply. Encourage #'s 7, 8, 9, 11 to finish inside the box

Coaching Points

Technical Execution, Roles and responsibilities of #'s 7, 8, 9, 11. Attacking Principles, 5W's, Speed of Play.