

Soccer Practice Plan

Name: _Marsha Lycan/Falmouth Youth Soccer

Date: August 2011

Age Group: U9-U14

Theme: Finishing

Activity

Coaching Points

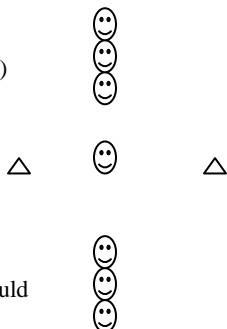
1st Activity (warm-up)

All players with partners serving long driven balls as if shooting on goal...vary types of service: low hard shot with laces, bending ball, chip. Make sure to work on both feet equally. Coach should try to provide some individual instruction and feedback. Progress to working in 3's with one player now in middle, ball served from outside player to middle player who plays one touch right back, and original passer now plays long ball to player on other end, and follows pass to receive short back, playing it back one touch, etc, etc. (SHORT, SHORT, LONG) Every player follows pass

- Position of plant foot and upper body
- For straight, driven ball, hit with laces, just slightly to left of center (when striking with right)
- Land on kicking foot for low power shot
- For bending ball, strike with 'knuckle' of toe, coming around ball. Hips open up much more on bending

2nd Activity

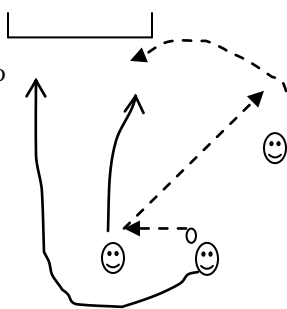
Make regular size goal with 2 cones, and have 2 lines of players, all with balls, opposite each side, about 20 yds away (much farther than appears in diag) One player is in goal as GK, and first player in one line dribbles, then shoots at goal. Immed after shot, the shooter becomes GK for opp line who immed starts dribbling then shoots. Shooter always becomes GK, and lines alternate. Should be very fast moving. Can progress to one GK and add server for each line, so that player passes then receives back wall pass for one time shot. Server should vary service to set up volleys/headers etc



- Emphasize shooting techniques
- Look at GK position and pick spot

3rd Activity Finishing combo exercise

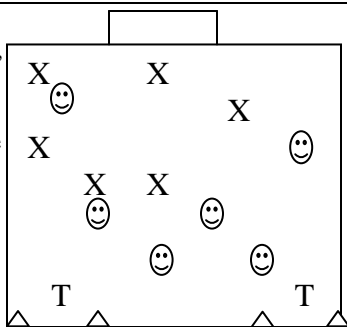
Three lines of players at locations shown, farthest 2 are approx 40 yds from goal then one on flank, 10 yds closer to goal. Can also set this up on left if numbers allow and alternate. Balls with players on right, short pass to player to their left who takes touch and sends ball wide to 3rd. Original passer runs behind for far post run and other player makes near post run. Winger serves ball in for finish by one of 2 strikers



- TIMING of runs by strikers is key
- Don't find yourself waiting in box
- Read visual cues of winger, know when to get into box
- React when ball in air, short, long?
- Timing of finish—shot, volley header....
- If long cross to far post, redirect shot to near
- Short balls to near post—can it be flicked on?

4th Activity "Half court soccer"

Play in half field to big Goal on one end. Before a team can go to big goal, they must play back to 'half field' to one of the Targets (T) standing in sm target goal. T then plays back to same team who can go to big goal. 1 pt for shot, 3 pts for goal. Whoever in possession is going to big goal but MUST play back to Targets on every change of possession.



- Mentality is SHOOT first if opportunity there
- Quality of shots, technique

