

Session Plan

Session plan no. 5
Date: April 2000
Name of group of players: U14G, Coach Thorn
Time available for session: 1 Hour

Title of topic: Scoring and Finishing

Topic objectives i.e. key factors

1. Aggressive, angled approach to the ball
2. Strike through the middle or top of the ball with the laces
3. Head down and over the ball for contact
4. Follow through with momentum at the target
5. Keep the ball low

18.00-18.10 Warm up and Stretching

18.10-18.30 Shooting Under Pressure

Organization Set out a 10 by 30 yard area in 10 by 10 grids. Group in sixes and play 2v1 on each side of the goal. Player 2 checks away from his defender and calls for the ball from player 1. Player 1 passes the ball to the feet of player 2. Player 2 plays the ball back to player 1 who then shoots first time on goal. Repeat the practice in the opposite direction. As a progression allow player 2 the option to turn the defender and shoot himself.

1. Attacking players must communicate.
2. Direct the ball low and to the corners.
3. Encourage the second attacker to follow in on rebounds from the goalkeeper.

18.30-18.45 Shoot in Attack

Organization Set out a 30 by 40 yard area. Position three groups of three at 10-yard intervals along the end line. You must have one-goalskeeper and two stoppers. Only the players in the right channel should have a ball. Player 1 makes a run down the touchline with the ball. When he reaches the first disc, players 2 and 3 must begin their runs. Player 2 sprints to the near post and player 3 sprints to the far post. When player 1 reaches the second disc he/she must decide to cross the ball or shoot directly on goal. Use the stoppers at your own discretion. If attackers are finding it too easy bring them in to man mark the supporting attackers. If they are finding it too hard, only use one stopper.

1. The supporting players should time their runs so that they accelerate onto the ball in front of goal.
2. When crossing the ball, the wide player should angle his body so that his chest is facing into the field.
3. The cross should be to space in front of the attackers between knee and chest height.

18.45-19.00 Breakaway

Organization Set out a 40 by 60 yard area. Set out 3 areas according to the diagram above. The team in possession plays the ball in the central area. The goal of the game is to penetrate into the attacking area and finish 1v1 with the goalkeeper. The goalkeeper must stay on the line until the attacker crosses the attacking line.