



U13/14 Week 8 Finishing

Category: Technical: Shooting
Difficulty: Moderate

Craig Higginbotham, Barrington, United States of America
Individual-Adult Member

Turn and Shoot

Players rotate between the right and left side at the top of the box. The first player in line starts at the furthest pole. They check off the pole to meet the pass. The attacker receives on the back foot where possible to play through the poles and shoot. This should be two touches only. The first touch should be good enough to shoot on the second touch.

Coaching Points:

Finishing technique, power/placement, going across the keeper.
Preparation touch get it out of your feet.

Progressions:

Play a 1-2 with the passed then make a bent run into the box to receive the ball back.



5v2

5v2+GK

Ball starts at midfield, who wait for movement from the striker. Once the Striker receives all players are active and look to score a goal.
Cones or mannequins used to present a 4-2 defensive formation.

Coaching Points:

Movement from the Striker must be sharp
Other players must think about 2nd/3rd phase of play
Use different outlets to score (Crossing, penetrating passes, shooting from distance.)

Progression:

Remove the mannequins and replace them with defenders creating a 5v4 or 5v6.



4v4+2 Combine to score

5v5+GK

Teams play 4v4 in the defined middle third of the field. They are looking to work the ball to their striker who is in the attacking zone. The striker then looks to feed the ball back to a player in the middle 3rd for a first time shot.
Striker should then follow up and rebounds that come off the GK

Coaching Points:

Looking for movement to receive from Striker.
Can center players work a yard of space for a shot.

Progression

Add a defender to cover the striker. After the ball has been played into the striker a central player can join them in the end zone to create a 2v1.



Scrimmage

Two equal teams play a scrimmage.

Coaching Points:

Encourage attacking movement off the ball and quick combinations.

Shoot from distance.

Use width to get crosses in.

Progression:

1st time finish worth 3

