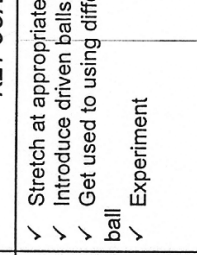
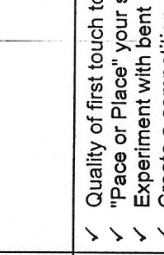
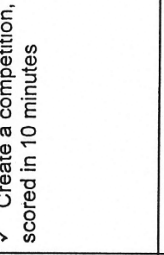





SESSION TOPIC: **Finishing** U14 / U15
 COACH: **Jan Smisek** AGE GROUP: **Girls 00's**



DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> ♦ Pairs or groups of 3, 1 ball ♦ Pass and move with ball ♦ Begin with short passes and gradually increase the distance ♦ Use side foot, laces, outside of foot 	<ul style="list-style-type: none"> ✓ Stretch at appropriate times during activity ✓ Introduce driven balls, lofted balls, bent balls ✓ Get used to using different surfaces of foot to strike ball ✓ Experiment
	<ul style="list-style-type: none"> ♦ Full-size goal with GK ♦ One line of players with a ball each on endline between six yd box and edge of penalty area ♦ Second line of players 5 yds behind "D" ♦ A serves ball on ground into "D" ♦ B must control ball inside "D", with one touch and shoot on second touch, switch lines 	<ul style="list-style-type: none"> ✓ Quality of first touch to set up shot ✓ "Pace or Place" your shot ✓ Experiment with bent balls, chipping keeper, etc. ✓ Create a competition, see how many goals can be scored in 10 minutes
	<ul style="list-style-type: none"> ♦ 3 v 2 to one full-size goal with GK ♦ Two teams, one defends and one attacks, switch roles after 10 balls, keep score ♦ Ball may be served from coach or from GK to attacking team ♦ Attacking team in 3 lines 30 yds out from goal ♦ Defending team starts from goalposts and scores on small, wide counter goals 	<ul style="list-style-type: none"> ✓ Recognizing numbers up situations ✓ Using combination play and outbacks to create scoring opportunities ✓ Decision-making and goal-scoring mentality
	<ul style="list-style-type: none"> ♦ 4 v 4 to two full-size goals with GK's ♦ Grid 20-25 yds long and width of penalty area ♦ Create teams for a tournament ♦ Each game is 2 minutes long or to two goals, whichever comes first 	<ul style="list-style-type: none"> ✓ Decision-making and goal-scoring mentality
<p>COOL DOWN</p>	<ul style="list-style-type: none"> ♦ stretching and ball gymnastics 	<ul style="list-style-type: none"> ✓ injury prevention and rejuvenation