

Ela Rec 5-8 Finishing
AGE: U10 / U14 / 9 players
TEAM FUNCTION: Attacking



OBJECTIVE:
TEAM TACTICAL PRINCIPLES:
KEY QUALITIES:

 9

 60 min

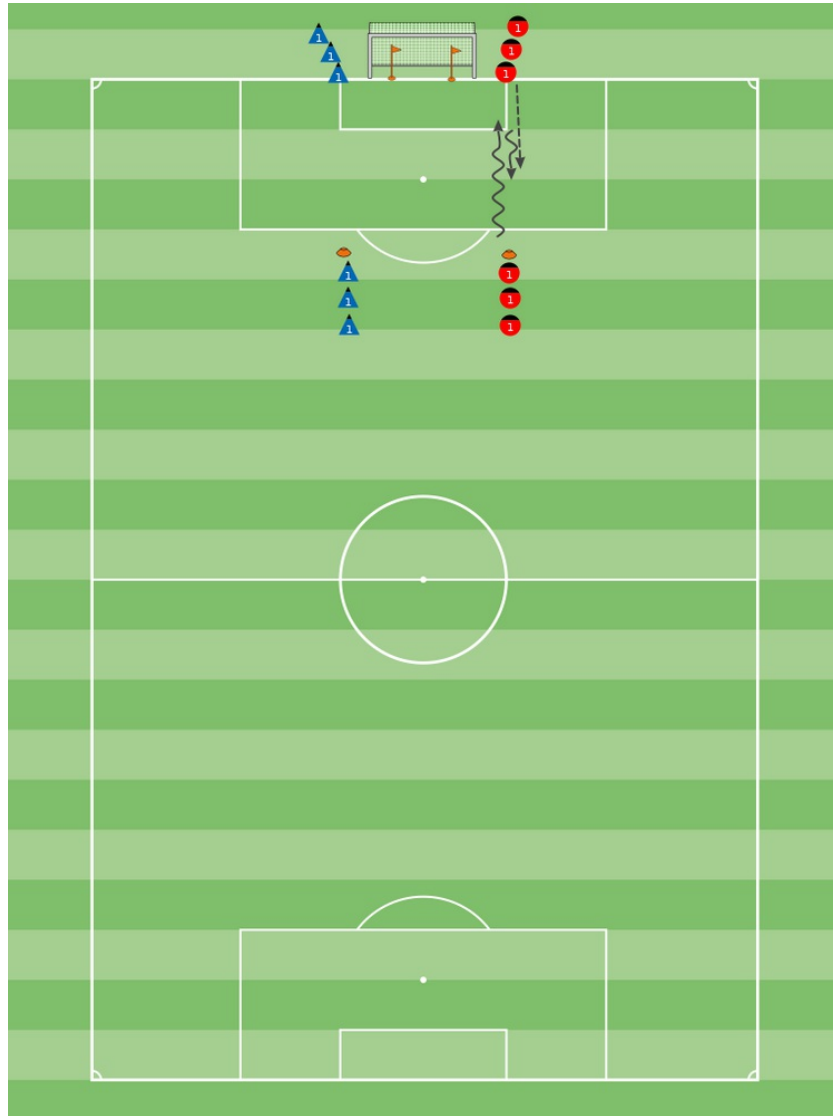
Finishing with the Inside of the Foot
Power/Finesse
Box Game (U7-U10)

Finishing with the Inside of the Foot

OBJECTIVE: Improve the players' ability to score inside the box using the inside of the foot

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Field set up as shown. The balls are with the players in the lines next to the goal. The player at the top of the box sprints to the 6 yard box, then back pedals several steps. As the player is back pedaling the player with the ball plays a firm pass to the feet of the back pedaling player. The player back pedaling may take one touch to set up a shot and a second touch to finish. The goal only counts if the appropriate foot is used and the ball scores between the far post and the flag pole/cone. After the shot the server and shooter switch lines. Work for 3 minutes and switch sides.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

 **TEAM FUNCTION:**

 **AGE:**
U9 / U13

 **PLAYERS:**
1

 **DURATION:**
9:30 min (4 x 2:0 min, 0:30 min rest)

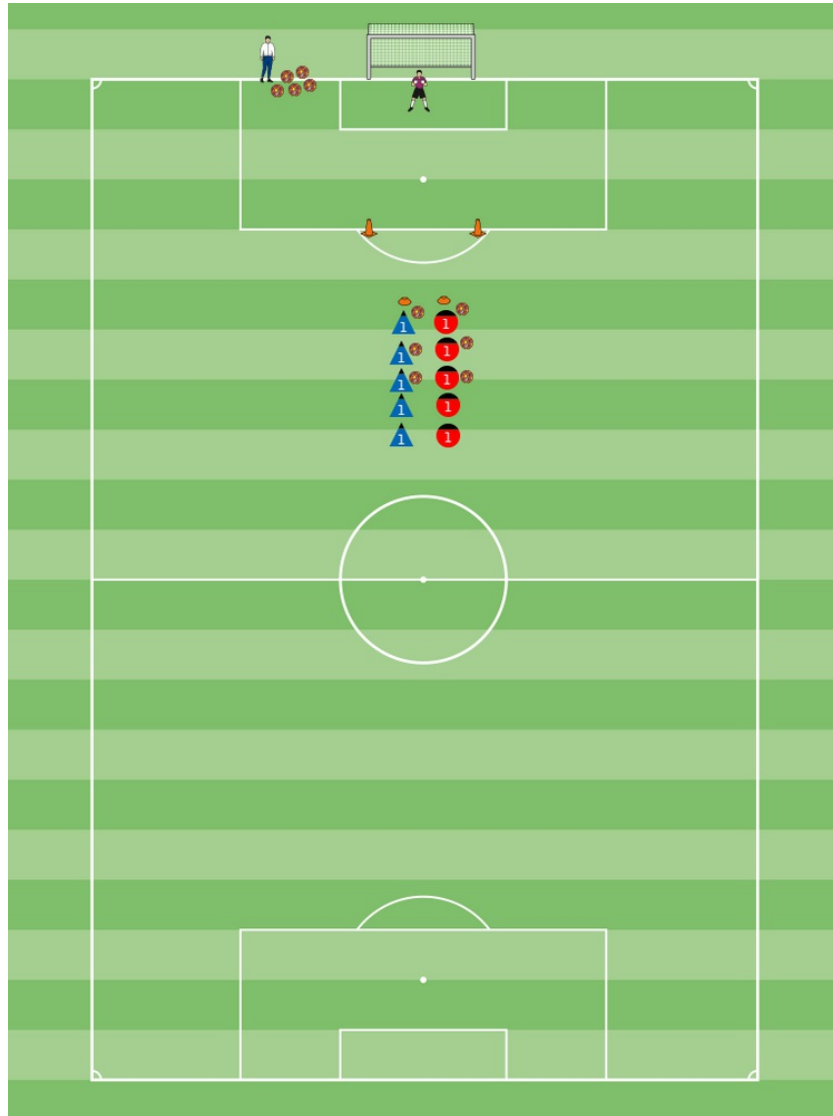
 **INTENSITY:**
Very Light

Power/Finesse

OBJECTIVE: Improve the individual player's ability to score

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

Two teams divided at cones A and B. Half of the balls are with the players at these cones, the other half are with the coach next to the goal. The first player in line A dribbles and must shoot before crossing the cones at the top of the box. Make or miss the player continues running toward goal. The coach serves a second ball to the player who must shoot with his/her first touch. If the player scores 1 of the 2 shots they get to stay in and return back to their line. If the player misses both shots they are out. Players who are out can earn re-entry by catching a missed shot out of the air. If a player scores BOTH shots the next player must score BOTH shots or they are out. This continues until a player does not score both shots. Once someone has been eliminated the game returns to the same pattern of scoring 1 to stay in. The first team to have all their players eliminated loses.

KEY WORDS:

GUIDED QUESTIONS:


ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U10 / U16

 **PLAYERS:**
5 vs 5

 **DURATION:**
13:0 min (2 x 6:0 min, 1:0 min rest)

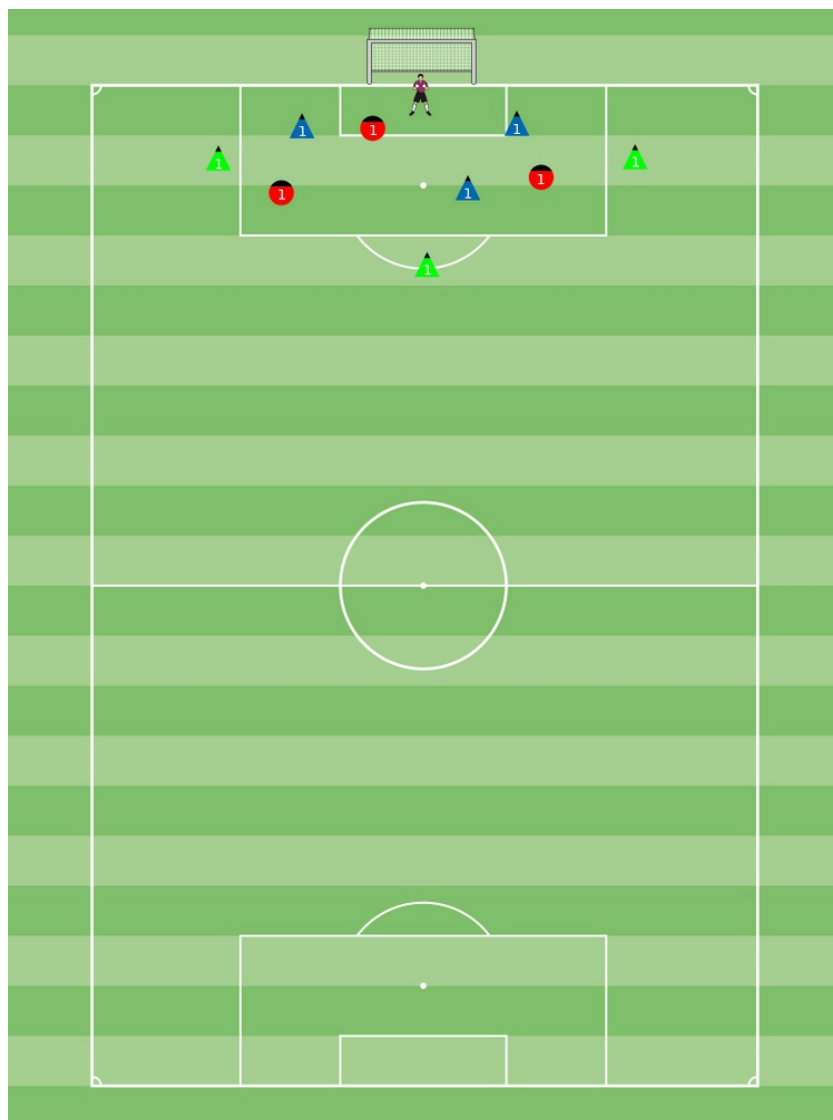
 **INTENSITY:**
Extremely Light

Box Game (U7-U10)

OBJECTIVE: Improve the players' ability to score in finishing situations

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:



ORGANIZATION:

The field set up as shown with 3 even teams and a GK. Both teams inside the box are trying to score on the goal. The only rule is before a team can score they must pass to one of the neutral players on the perimeter. If possession is lost, the team must pass to a neutral player again before scoring. Play 90 second games or the first team to score. Winner stays on, loser goes to neutrals, neutrals come on.

KEY WORDS:

GUIDED QUESTIONS:

ANSWERS:

NOTES:

 **TEAM FUNCTION:**
Attacking

 **AGE:**
U8 / U12

 **PLAYERS:**
3 vs 3

 **DURATION:**
13:0 min (2 x 6:0 min, 1:0 min rest)

 **INTENSITY:**
Hard

Ela Rec 5-8 Finishing

OBJECTIVE:

TEAM TACTICAL PRINCIPLES:

KEY QUALITIES:

AGE: U10 / U14 / 9 players

TEAM FUNCTION: Attacking

DURATION: 60 min

Five Elements of a Training Exercise

1. **Organized:** Is the exercise organized in the right way?
2. **Game-like:** Is the exercise game-like?
3. **Repetition:** Is there repetition, when looking at the overall goal of the session?
4. **Challenging:** Are the players being challenged?(Is there the right balance between being successful and unsuccessful?
5. **Coaching:** Is there proper coaching, based on the age and level of the player?

Training Session Self-Reflection Questions

Do-focus on the situation

1. Did you achieve your goals? Yes/No
2. What went well?
3. What could you do better?

NOTES: