



CYA Week 2 Session 2 Attacking/Finishing U12-U15

Category: Technical: Shooting
Difficulty: Moderate

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Description

Skills with Movement (15 mins)

Skills with Movement:

Split players into 2 groups

One group is outside the circle with the ball and the other team starts inside the circle.

The coach will tell the players inside the circle what they will be working on.

Two touch return pass. One touch return pass. Volleys with instep. Bounce ball and run through it. Receive pass and find open player to turn it to.

The cycle goes for 1 minute with players in the center resetting there each time before finding a new partner.

Coach encourage game speed approaching the player serving the ball and recovery speed as the check back to the middle.



Possession with 3 teams (20 mins)

THE SESSION: Possession with 3 teams.

The defending teams must have a bib before they can defend. The other 2 teams try to keep possession. Once the defending team wins the ball or forces it out of play they drop the bibs and transition to offense while the team that lost the ball picks up a bibs and transitions to defense.

Progression:

Limit the amount of touches

Key Points:

Ball movement.

Team play.

Being alert and connected to the game.



Finishing in final 1/3 (20 mins)

A plays ball to B who plays ball to C

C lays ball off for B running on to a shot

Start 2 touch and progress to 1 touch

Players rotate after each round (A becomes B, B becomes C, C collects ball and joins back of the line)

Can stipulate which foot is used (e.g. reds use right, blacks use left - teams switch sides half way through)



1v1 shooting from different angles (20 mins)

THE SESSION:

- Set up with 2 teams of approx. 7 players
- Mark out a 12 x 12 area on the edge of the 18yd line and 4 small areas with a player in each
- Attacking team (Red) start with a cut back cross from square 1 with the striker has 1 touch and finishing on goal.
- Player who crossed follows their pass and then becomes the striker, and then receives a ball from 2 with their back to goal, turns and finishes (two touches).
- Every time a striker shoots they then go to the square that they received a pass from
- Once all 4 squares have delivered to a striker, go back to 1 and continue for 3 minutes
- Defending team can catch balls that miss the goal. Every ball caught minuses from the attacking teams total



PROGRESSIONS:

- Defender (Blue) rushes up to put pressure on striker and if wins ball finishes in small goal
- Make sure that every time there is a new striker the defenders swap also

KEY MESSAGES/POINTS:

- "Prepare the ball" for your next action
- "Touch Bang"

COMPETITION:

- Keep track of score every 3 mins. Losing team on the line!!

1v1 Rapid Fire (20 mins)

THE SESSION: 1v1 Rapid Fire with 2 big Goals and 2 GK's

PROGRESSIONS: Coach Calls which player will attack with the ball and the other player steps to defends. If a player scores a they stay on the field and a new player will bring in the ball to attack. The GK's are live so if they receive the ball the look to play to feet quickly. If the ball goes out the Coach Calls which player will attack and it starts again.

Progression: 2v2,

KEY MESSAGES/POINTS:

