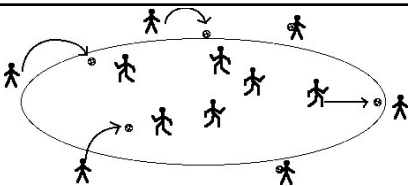
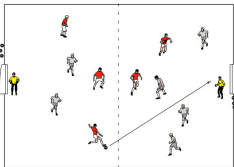
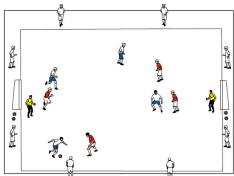
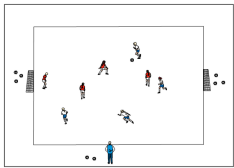
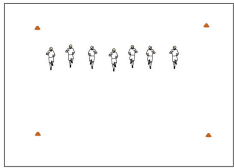


Shooting / Finishing

Author: Mark Ruest

Topic: Shooting / Finishing

Age: U12 +

Activity Name & Description	Diagram	Purpose / Coaching Points
<p>1 SHOOTING - CIRCLE</p> <ul style="list-style-type: none"> •Half on circle w/ ball others in middle w/o ball. •Players check to target -> Target tosses -> Instep back -> Players Switch. •1 pt. accurate touch / 2pts. weak ft. •Variations: Half Volley; 2 Touches 		<ul style="list-style-type: none"> •Body forward, Small adjusting steps, Watch contact pt. of ball, Head Steady, Balance, Land on kicking foot, Toes curled inside shoe / ankle locked, Accuracy before power.
<p>2 THE SHOOTING GAME</p> <ul style="list-style-type: none"> •5 v 2 -> 2 v 5 •The five 'light colored shirts' keep possession in their own half, looking for opportunities to score a goal. •They may pass to their two 'strikers' if they want. •If shot is taken, and 'dark jerseys' get the ball by blocking the shot and gaining possession, then it is their turn to attack in the opposite direction. •Out of bounds rules apply. 		<ul style="list-style-type: none"> •Angle and distance of support. •Looking for and taking shooting opportunities. •Looking for rebounds. •Getting in good defending positions to block shots.
<p>3 FEEDERS GAME</p> <ul style="list-style-type: none"> •Field players may move freely about the grid. •'Feeders' must remain outside of grid, but may move freely along the line. •'Feeders' are limited to 2 touches at first, then progress to only 1 touch. •Switch field players and 'feeders' periodically •Can also play where field players and 'feeders' can exchange positions when the pass is made. However, the coach must designate which 'feeders' belong to which team. 		<ul style="list-style-type: none"> •Shooting •Passing and receiving •Combination play •Offensive and defensive principles of play. •Keeper play: Shot saving, Distribution
<p>4 4 vs. 4</p> <ul style="list-style-type: none"> •~ 20 x 30 yard grid •1 Cone goal at each end •Play for 4 - 5 minutes max. 		<ul style="list-style-type: none"> • All points previously listed
<p>5 Cool Down - Jogging /</p> <ul style="list-style-type: none"> • Slow jogging and various movements across the field. • Include periods of stretching. 		<ul style="list-style-type: none"> • Move slowly to bring body work rate down. • Static stretching • Hold for 30 seconds or more • Redo a stretch if needed