

“Cross & Finish - Full”

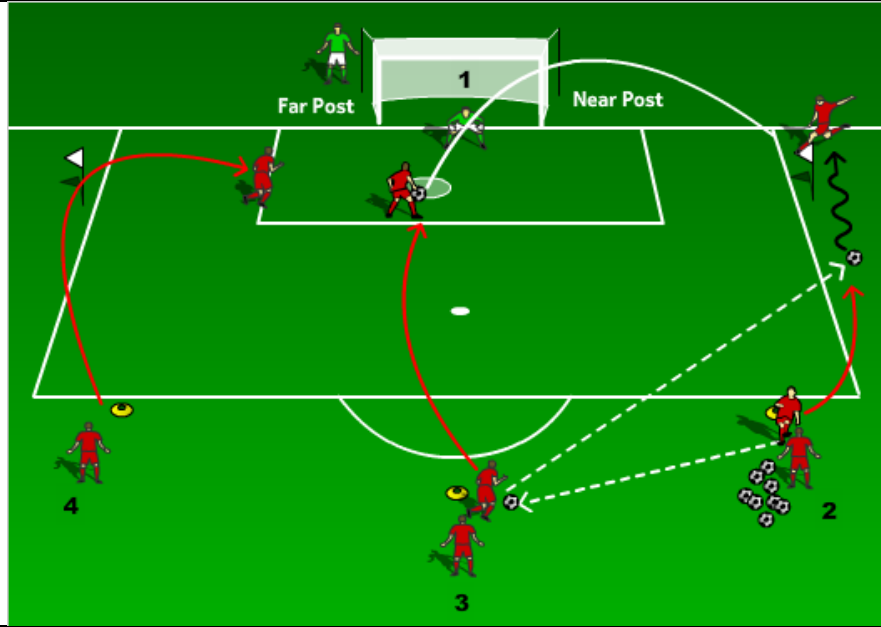
East Central Soccer District Academy Curriculum

Curriculum Topic: Shooting

Primary Objective: To pattern finishing plays to build shooting/finishing confidence

Duration: 10 minutes

The Basics



Organization

Using the penalty box of a full field, arrange 2 flags and 3 cones as pictured. Divide players equally among the 4 stations.

Station 2 has a supply of balls.

Activity

- At coach’s signal, 1st player at station 2 serves a pass to station 3. The station 3 player serves a leading wall pass back to the station 2 player, who collects it and dribbles to the far flag, then sends a cross to the middle.
- The 1st players at stations 3 & 4 players check to the goal as pictured, w/ the station 4 player rounding the left flag before breaking toward the goal. Players try to score by volley.
- Have players keep their own score; assists = 1pt, goals = 2pts.
- After cross and shot, player moves to next station.
- Play for 5 minutes, award a winner, then play for another 5 minutes from the opposite side of the goal (station 4 has the balls, station 4 crosses, etc)

- Encourage shooters to play toward the far side of the post, so they can step into a volley and have most of the goal in front of them (instead of behind them).
- Encourage players to move to the ball to volley a shot; don’t wait until it bounces a couple times or back up.
- When players are serving crosses from the left, all players should be using their left feet for crosses and volleys.

None

None

Coach Pts

Mod

Prog