

“Quick Finish & Defend”

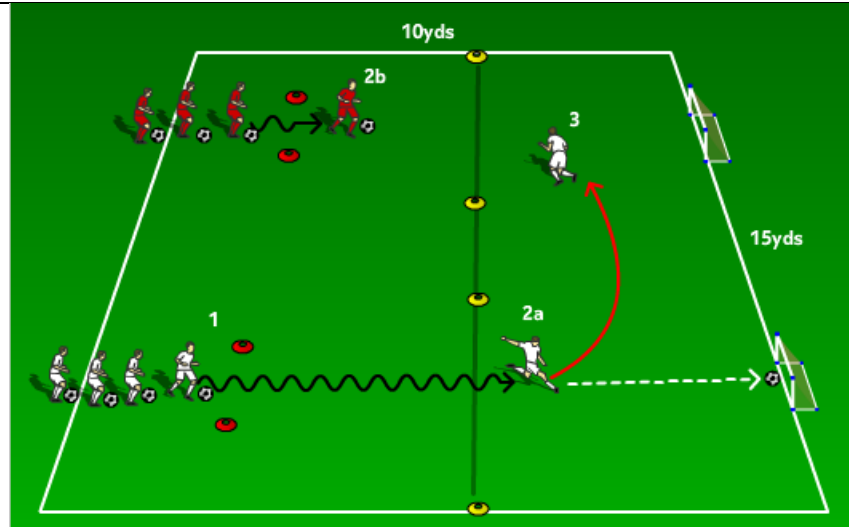
East Central Soccer District Academy Curriculum

Curriculum Topic: Shooting / Finishing

Primary Objective: To promote urgency near goal and practice shooting under duress

Duration: 10 minutes

The Basics



Organization

10yd x 15yd grid, 2 goals on one side

Wide (yellow) gates as a shoot line approx 4 yards out from goal

2 cone start gates

Split group into 2 teams, every player with a ball.

Activity

At Coach’s signal, 1st player on white team quickly dribbles ball toward shooting line (1). As soon as this player crosses the yellow shooting line (2a), he shoots and then runs to defend against the 1st player on the red team, who began quickly dribbling toward his goal the moment the white player crossed his shooting line (2b).

When the red player crosses his shooting line, the next white player begins dribbling toward his shooting line for a shot, and the red player will try to defend immediately after taking shot.

After a player dribbles, shoots then defends, they join the back of the opposite line to go again.

- The shooting players should generally succeed in this activity – the idea is to put the shooter under pressure to fire a shot quickly and accurately, and then get in the habit of not marveling at the shot, but to immediately engage in the next play (defending).
- Encourage players to shoot using the foot that allows shooter to protect ball w/ their body.

The activity will self-correct if kids try to fake defenders, because in taking that extra time they’ll have missed the opportunity to defend against the next player in the other line.

- If defenders are unable to apply any pressure to shooters, make yellow cone gates smaller and closer to each other.
- If attackers are trying to quickly score but are unable, move the yellow cone gates further from each other so the defender has to run farther to reach the attacker.

None

Coach Pts

Mods

Prog