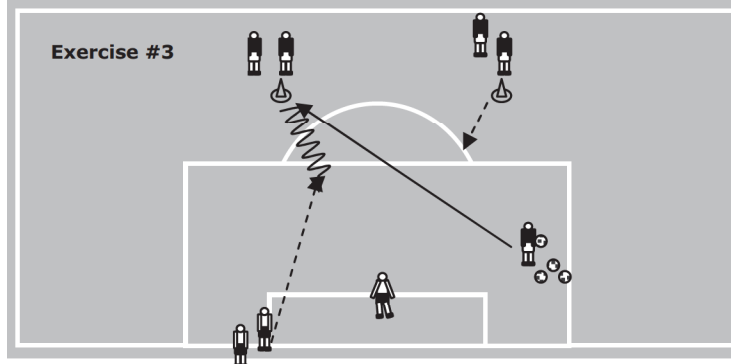
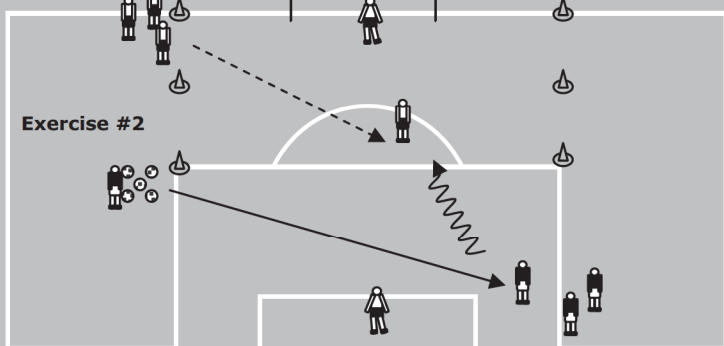
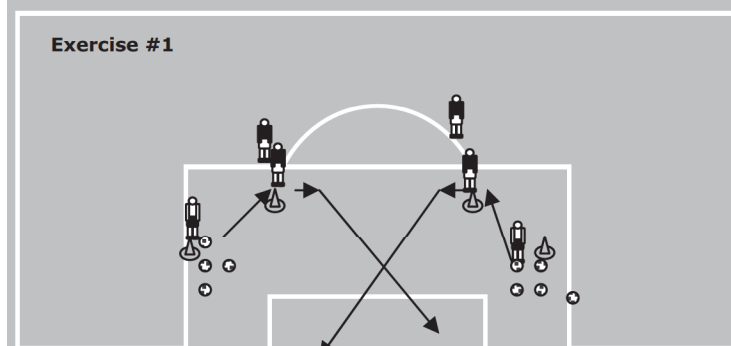




PROGRESSION

U9 FINISHING SESSION (1v1 & 2v1)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	1v1 & 2v1	U9	Bantam	U9C
Exercise #1	Organization	Coaching Points		
Finishing: Different Shots: Two lines 12-16 yards out from goal, no goal keeper. Two servers have collection of balls, one shooter per line. Pass ball on outside of cone, shooter takes touch to inside and shoots, runs back to cone and repeat for 5 shots. Then passer plays ball in front of shooter, shooter lets ball run across their body, one touch shot, and repeat for 5 shots. Work on both feet. <i>Time: 15 min.</i>		Receive ball with inside of back foot, encourage players to shoot using different surfaces of the foot. Laces: point toes down, lock ankle, plant foot and body pointing toward target. Inside foot: toes above ankle, plant foot and body pointing toward target. Stay 4:1 on the positive to instructional comments throughout the session.		
Exercise #2	Organization	Coaching Points		
1v1 Two Big Goals: Field is the size 36x44 yards. Half the players in one corner, the other half in the opposite corner. Coach in the middle with balls. 1v1 to big goals. Play until someone scores or the ball goes out of bounds. <i>Time: 15 min.</i>		Must try to beat defender before shooting, emphasis good technique when shooting, encourage placement before power. This should be fun and competitive. Tell them they are good.		
Exercise #3	Organization	Coaching Points		
2v1 Big Goals: Lines on Opposite Sides. Two attacking lines outside of box. One defending line to the side of goal. Coach has a collection of balls to the side. Coach plays a ball to one of the attackers; defender comes out to prevent a shot. Continue play until there is a goal, or the def. wins the ball. <i>Time: 10 min.</i>		First attacker, dribbles towards def. to get him to commit. Second attacker must provide a good option if first attacker chooses to pass him the ball. Let the player on the ball make the decision to dribble or pass. Concentrate on shooting techniques and scoring goals.		
Exercise #4	Organization	Coaching Points		
5v5 w/ GK's: Field size, "box on box." <i>Time: 35 min.</i>		Coaching is minimal, encourage a lot of shots and reward players who look for shooting opportunities.		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			