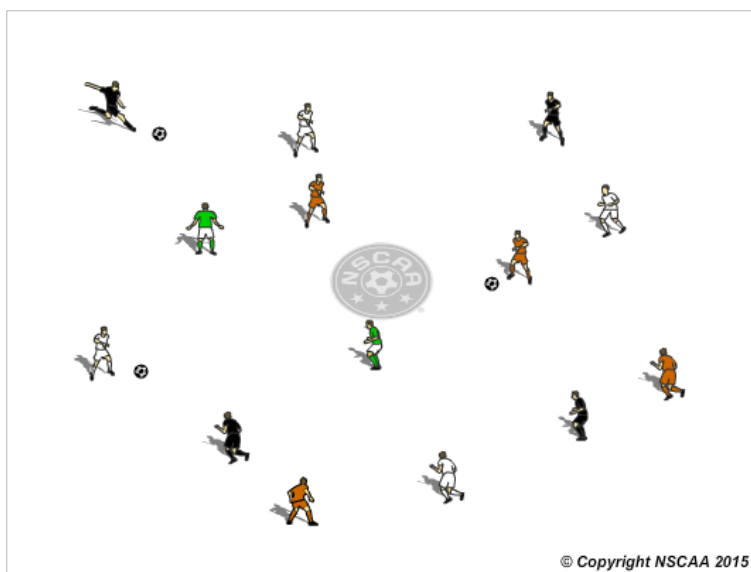




Lakeville Soccer Club
Model Training Session
Developing a Finishing Mentality
Chad Moore (2.28.2015)



The topic of the Progressive Session will be Developing a Finishing Mentality. All the activities will allow the players to be in front of the goal and have numerous opportunities to score goals. It is important to understand that a “shooting” session is different than a “finishing” session. Quite simply, “finishing” is getting the ball in the net using any surface.



Warmup

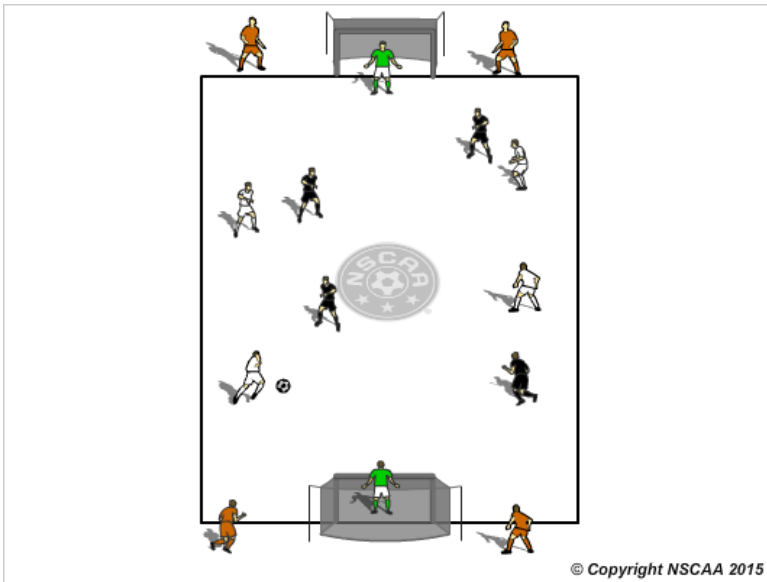
Three teams; GKs not attached to any teams

Each team passes and moves one ball

GK calls out a player name and ball is shot at him



4v4 + Neutrals to Goal (20 yards x 30 yards)
 Players in the area attempt to score on the goal
 Neutral players pass ball back into the area



4v4 + Neutrals to Goals (40 yards x 30 yards)
 3 teams of 4 players
 Neutral players pass ball back to team it received it from
 The team that gets scored on becomes the neutral team



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Scrimmage (50 yards x 40 yards)
Enforce match rules