



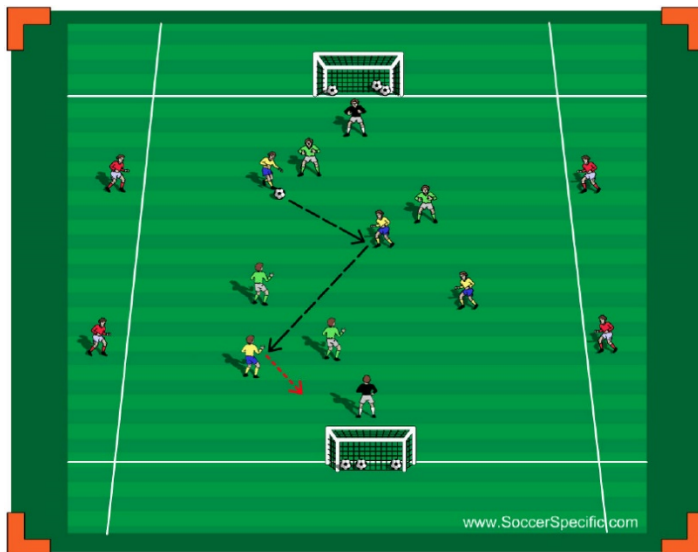
U12-U15

Dribbling Drills/Games

Three Team Transition

Setup:

Three Team Transition – Multi-directional, small sided game with bumpers. Divide your team into three even teams of four or numbers permitting could increase it to 6v6 with bumpers. Field dimension is 25×20 as shown.



Instructions:

Play 4v4 plus GKs to big goals with a third team serving as neutrals on the outside. Teams look to score on the big goal. If they score, they get the ball out of that net, turn, and attack the other goal. The team that gets scored on, immediately transitions off the field (becomes new neutral players) and the neutral players transition on. The focus is transition, so no stopping the game. Can you score, get a new ball and score

again? Neutrals are limited to one-touch. Keep score, if no team has scored after 90 seconds, team that was on the longest is off.

Coaching Points:

- COMPETE
- Awareness in transition
- Prepare body to finish
- Be confident
- Aggressive to goal
- Choose the correct finishing technique
- Technique of cross
- Timing of runs

Technical Finishing Activities

Activity #1

Set up:

Shooting variation, attacker starts 12 yards out from goal in a 4x4 yard grid. 6 balls (three each side), 4 players; each player goes twice.



Instructions:

Ball is played in as shown, the attacker takes a prep touch and then places it in the corner of the goal with his second touch. Alternate sides until all six balls have cycled through.

Coaching Points:

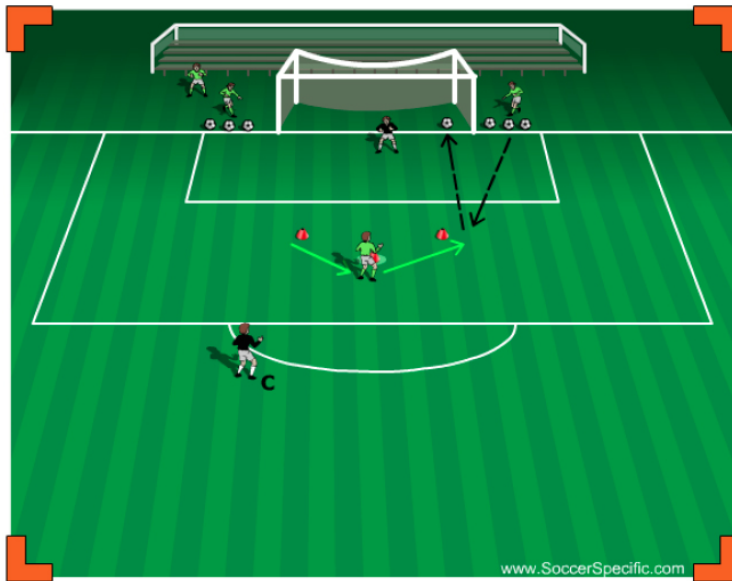
- Shaping your hips and feet correctly
- Good first touch

- Placement and technique of the shot
- Quick release
- Left and right foot reps

ACTIVITY #2:

Set up:

Shooting variation, attacker starts 12 yards out from goal. 6 balls (three each side), 4 players, each attacker does one full repetition of 6 shots on goal.



Instructions:

Ball is played in as shown, the attacker has a change of pace and arrives to the cone as the ball arrives. One touch finish on goal, alternate sides until all six balls have cycled through.

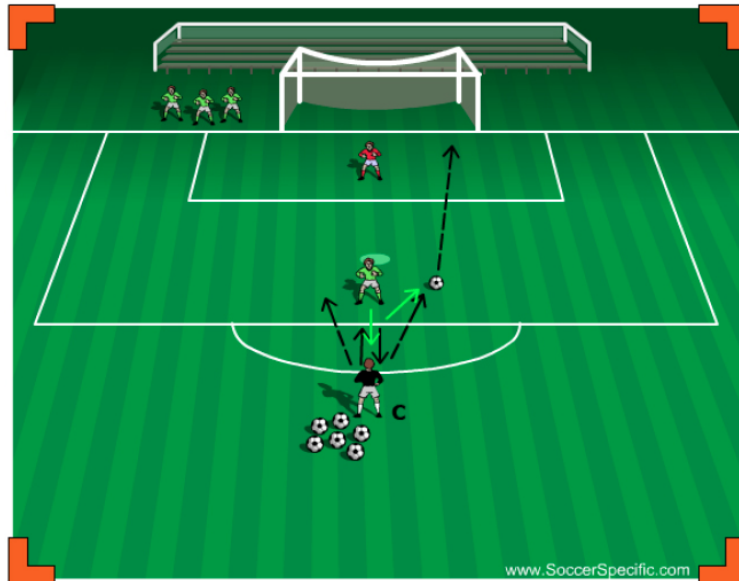
Coaching Points:

- Shaping your hips and feet correctly
- Placement and technique of the shot
- Quick release
- Left and right foot reps
- Know where the GK is
- Inside of the foot finish
- Finish with the laces

ACTIVITY #3:

Set up:

Shooting variation, attacker starts 18-20 yards out from goal. 6 balls, 4 players, each attacker does one full repetition of 6 shots on goal.



Instructions:

20 yards from goal, coach plays the ball into the forward's feet, he lays it back to the coach and follows the pass, the coach plays it forward to either the right or left side for the player to run on and finish one first time.

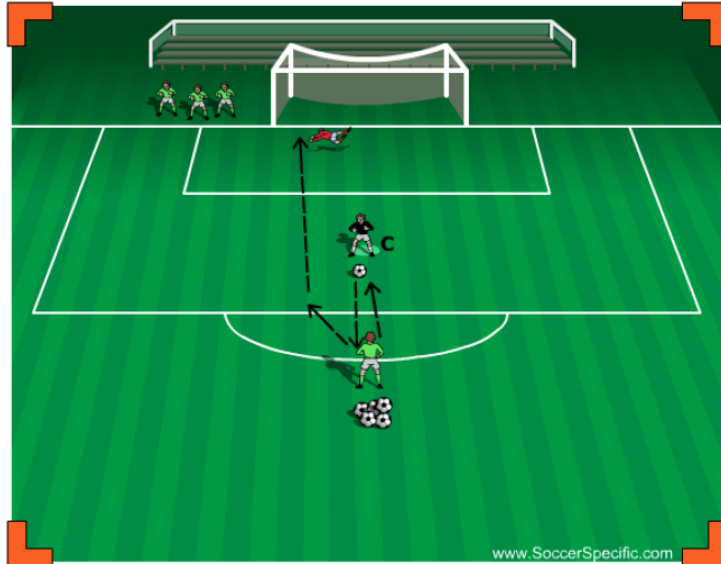
Coaching Points:

- Shaping your hips and feet correctly
- Placement and technique of the shot
- Quick release
- Left and right foot reps
- Know where the GK is
- Inside of the foot finish
- Finish with the laces

ACTIVITY #4:

Set up:

Shooting variation, attacker starts 18-20 yards out from goal. 6 balls, 4 players, each attacker does one full repetition of 6 shots on goal.



Instructions:

20 yards from goal, the player passes it to the coach, the coach plays a firm ball back to the player, the player takes a controlled first touch to the right or left of the coach for a shot on goal. Or, the player controls it first and then pushes it wide of the coach for a shot.

Coaching Points:

- Shaping your hips and feet correctly
- Placement and technique of the shot
- Quick release
- Left and right foot reps
- Know where the GK is
- Inside of the foot finish
- Finish with the laces