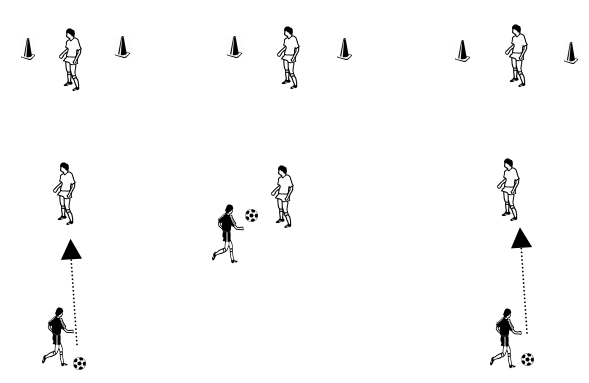

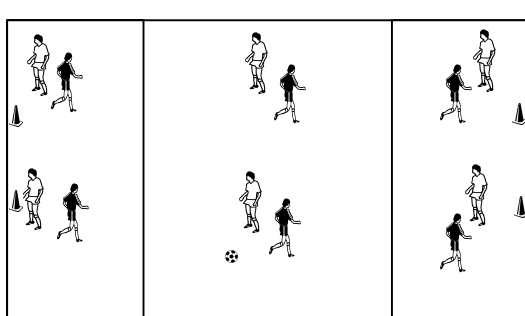




Club:	Weyburn Soccer Association
Session:	7
Team:	U14
Session Topic:	Finishing 1v1

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Players play the ball into partner who must lay the ball off for the attacking player to shoot. Players can lay the ball off at different angles and also in the air for a volley. Start by taking a touch if required then have players shoot first time. Force them to use their weaker foot as well as stronger.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Ensure passes are zipped in to each other with pace • Make attacking player point exactly where they want the pass layed off • Body position when striking, head still, head over the ball, not leaning back. • Strike through the ball just like a golf swing • Follow the shot in for rebound • Calling for the ball • Shoot using laces of the ball • Shoot across the goalkeeper into the furthest corner 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Same as before only once the player lays the ball back, they become a defender. Defender is passive at first but should begin to put attacker under pressure once the attacker moves towards the ball. Coach can change placement of defender to allow for skill level of attackers. Encourage step overs etc for attacker.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Re-enforce points from previous • Player can take a touch and dribble past defender or shoot first time • Taking shot at the correct time • Attack at speed • Defend with the side on stance 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation – Regular game is played with zoned off areas containing 2 attackers and 2 defenders. Must stay in your own area and can only be tackled by your partner. (essentially everyone is 1v1) Goalkeeper is optional. Adapt numbers as required.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Try and work the ball into attacker as soon as possible. • Attacker should look to create space and create an angle for the shot • Make correct decision with shot. • Can play back if they need 	
Game Time		