



U 1 2 COACHING CURRICULUM



FINISHING TECHNIQUE - STRIKING THE BALL WITH THE LACES

Finishing is the technique used by players to put the ball in the back of the net! There are many ways a player can finish the ball, however, at these ages we are looking to work on striking the ball with the laces.

Best Used

- Passing over distance.
- Shooting.
- Clearing the ball defensively.
- Switching the point of attack.
- Free kicks or restarts.

Technical Breakdown

- Approach the ball at an angle, roughly 45 degrees.
- Step into the ball placing your non-kicking foot in line and at the side of the ball. The distance from the ball will depend on the height of the player.
- Point the toes of your non-kicking foot towards the target.
- Bend the knees of your non-kicking foot in order to remain balanced.
- Lean slightly forward, so your body is over the ball.
- Strike the center of the ball with the laces by pointing your toes down and slightly outward.
- Lock the ankle of your kicking foot. This can be done by pushing your toes to the sole of your shoe.
- After striking the ball the kicking foot should step through the ball towards the target.
- After striking the hips and shoulders of the players should also be lined up with the target.

Common Mistakes

- Non-kicking foot is placed too far away from the ball, resulting in the player striking the inside of the ball and slicing it.
- Non-kicking foot is placed too close to the ball, resulting in the player striking the outside side of the ball and dragging the ball across their body.
- Non-kicking foot is placed behind the ball, which results in the player striking the bottom of the ball.
- Follow through is not towards the target, which turns the hips and shoulders.
- Player strikes the wrong part of the soccer ball.
- Player strikes the ball with the wrong surface of the foot.



U 1 2 COACHING CURRICULUM



AGE GROUP: U9 or U12 players

TOPIC: Small Group Creating & Finishing Chances

OBJECTIVES: Teach groups of players (specifically 2s & 3s), how to create and finishing goal scoring opportunities. Improve players technically (passing, receiving & finishing) to be able to break down defenders in order to create opportunities to score and finish calmly past goalkeepers.

Warm Up Activity

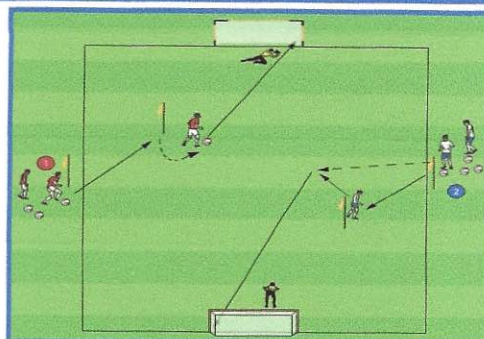
Area: 25 x 15 yards with two large goals and flags as shown.

Organization: Split players into two groups and place as shown. With the correct organization you can have two groups running at the same time.

1. Player 1 passes to Player 2 who prepares the ball and finishes.
2. Player 1 passes to Player 2 who lays the ball off for Player 1 to come onto and finish.

Coaching Points

- First Touch - Prepares ball to either be finished or set teammate for a shot.
- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.



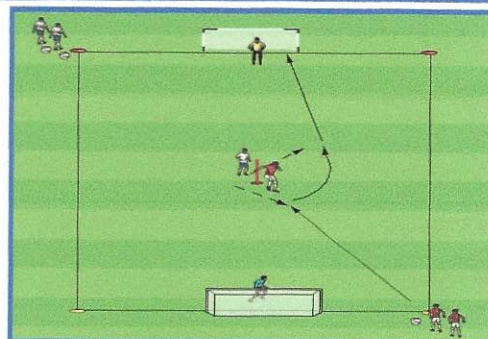
Small Sided Game

Area: 25 x 15 yards with two large goals.

Organization: Split players into two teams and place as shown. Game starts with a player from each team on the central flag. Teammate passes to player on the flag and joins creating a 2 v 1 situation. If the defending wins the ball they can pass back to a teammate and add them into the game, creating a 2 v 2.

Coaching Points

- Be aggressive, try to beat the defender first.
- You only need to create half a yard to shoot.
- Decision in possession: penetrate or keep possession?
- Choice of technique to shoot - power vs. accuracy. Finish rather than shoot.
- Supporting angle from teammate - in front, to the side or behind?



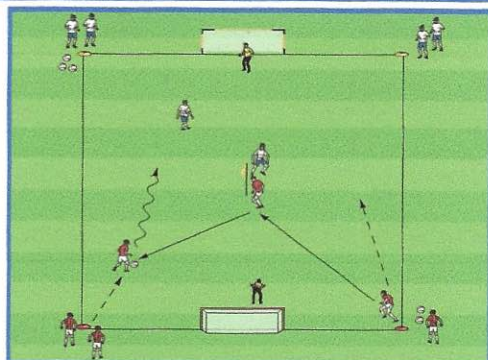
Expanded Game

Area: 30 x 25 yards with two goals.

Organization: Similar set up to above and rules as above. This time place players in each corner of the grid. Play starts with an entry ball and create a 3 v 2. If defending team wins the ball, they can add a player to create a 3 v 3.

Coaching Points

- Be aggressive, try to get to goal first.
- Try to isolate a defender and create either a 1 v 1 or 2 v 1 situation.
- Decision in possession: penetrate or possess? Who's in a better spot!
- Supporting angles from teammates. Pressure on the ball with determine whether you support the ball in front, to the side or behind.
- Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!



Game

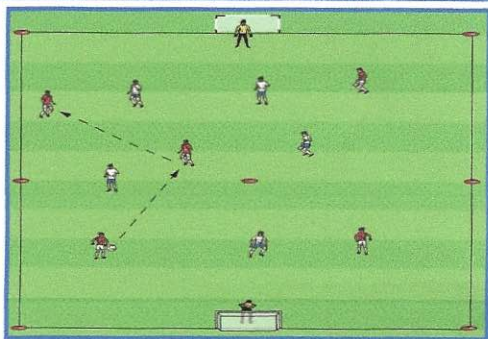
Area: 40 x 50 yards with two large goals.

Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.





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Warm Up Activity

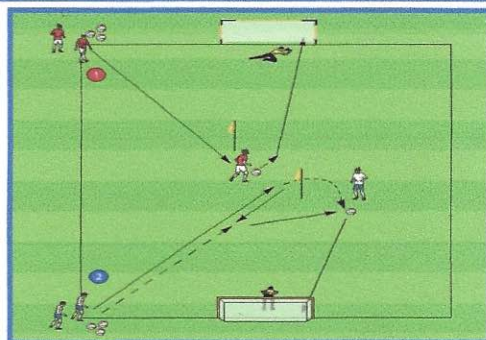
Area: 25 x 15 yards with two large goals and flags as shown.

Organization: Split players into two groups and place as shown. With the correct organization you can have two groups running at the same time.

1. Player 1 passes to Player 2 who prepares the ball and finishes.
2. Player 1 passes to Player 2 who lays the ball off for Player 1 to come onto and finish.

Coaching Points

- First Touch - Prepares ball to either be finished or set teammate for a shot.
- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.



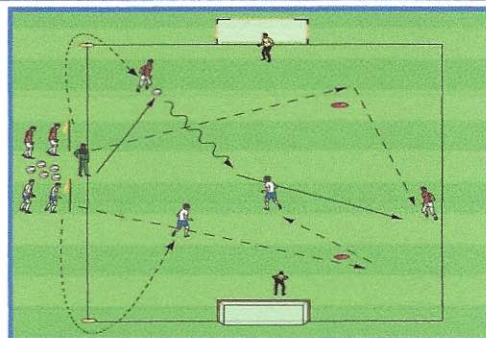
Small Sided Game

Area: 25 x 15 yards with two large goals with red and yellow cones as shown.

Organization: 2 v 2. Split players into two teams and place next to the coach as shown. Coach shouts 'GO', one player from each team runs around the yellow cone and a teammate around the red cone. Coach can pass the ball to either player to start the game.

Coaching Points

- Be aggressive, try to get to goal quickly either by passing or dribbling.
- Choice of technique to shoot - power vs. accuracy. Finish rather than shoot.
- Support angle from teammates.
- Try to isolate one defenders to create either a 1 v 1 or 2 v 1 situation.
- Decision in possession: penetrate or keep possession?



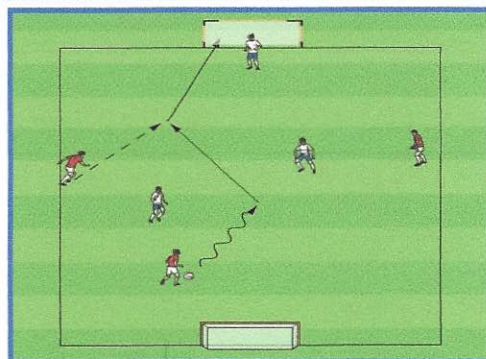
Expanded Game

Area: 25 x 15 yards with two goals.

Organization: 3 v 3 - 1. Split players into two teams of three. In possession teams have three field players, when defending one player must drop into the goal, which creates a 3 v 2 situation.

Coaching Points

- Decision in possession: penetrate or keep possession?
- 1 v 1 situations. Be aggressive, look to beat the defender and create a goal scoring chance.
- 2 v 1 situations. Provide good support angles. Pass the ball if your teammate is in a better situation than you to score.
- Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!



Game

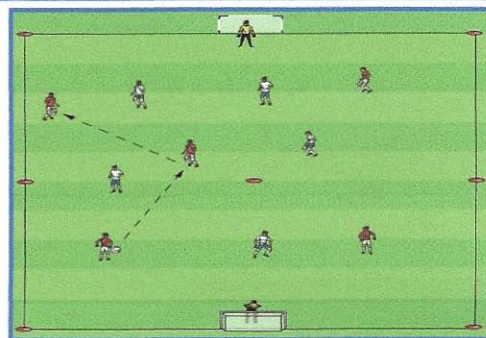
Area: 40 x 50 yards with two large goals.

Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.





U12 COACHING CURRICULUM



AGE GROUP: U9 or U12 players

TOPIC: Small Group Creating & Finishing Chances

OBJECTIVES: Teach groups of players (specifically 2s & 3s), how to create and finishing goal scoring opportunities. Improve players technically (passing, receiving & finishing) to be able to break down defenders in order to create opportunities to score and finish calmly past goalkeepers.

Warm Up Activity

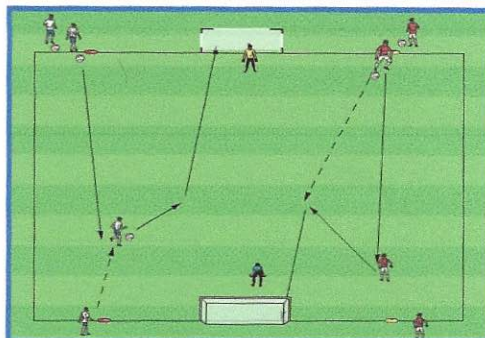
Area: 25 x 15 yards with two large goals and flags as shown.

Organization: Split players into two groups and place as shown. With the correct organization you can have two groups running at the same time.

1. Player 1 passes to Player 2 who prepares the ball and finishes.
2. Player 1 passes to Player 2 who lays the ball off for Player 1 to come onto and finish.

Coaching Points

- First Touch - Prepares ball to either be finished or set teammate for a shot.
- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.



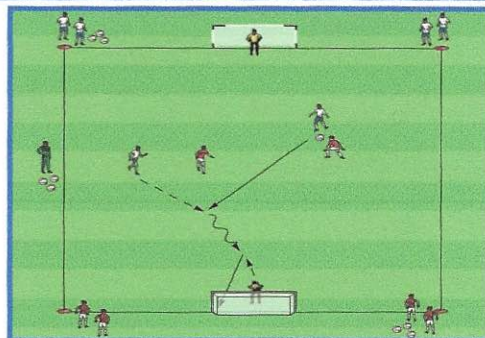
Small Sided Game

Area: 25 x 15 yards with two large goals.

Organization: 2 v 2 transition game. Split players into two teams and place as shown. Start by playing 2 v 2 in the center. When a team shoots and the ball goes over the end line or in the goal - defending team drops off the field, attacking team becomes the defending team and 2 new attacking players enter the field of play with a new ball.

Coaching Points

- Be aggressive, try to get to goal quickly either by passing or dribbling.
- You only need to create half a yard to shoot.
- Choice of technique to shoot - power vs. accuracy. Finish rather than shoot.
- Support angle from teammates.



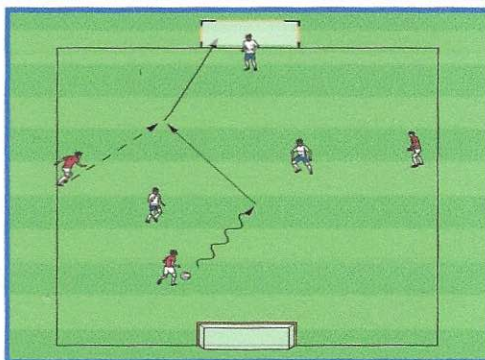
Expanded Game

Area: 25 x 15 yards with two goals.

Organization: 3 v 3 - 1. Split players into two teams of three. In possession teams have three field players, when defending one player must drop into the goal, which creates a 3 v 2 situation.

Coaching Points

- Decision in possession: penetrate or keep possession?
- 1 v 1 situations. Be aggressive, look to beat the defender and create a goal scoring chance.
- 2 v 1 situations. Provide good support angles. Pass the ball if your teammate is in a better situation than you to score.
- Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!



Game

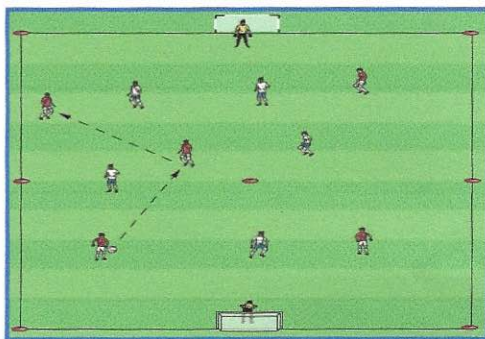
Area: 40 x 50 yards with two large goals.

Organization:

- Play 5 v 5 with GKs.
- Formation: 1 - 2 - 1 - 2 or 1 - 3 - 2.

Coaching Points

- Decision in possession: Penetrate or Keep Possession?
- Supporting angles and distances of players off the ball.
- Safety vs. Risk - decisions in possession in each half of the field.





U 1 2 COACHING CURRICULUM



AGE GROUP: U9 or U12 players

TOPIC: Individually Creating & Finishing Chances

OBJECTIVES: Teach players how to create and finishing goal scoring opportunities. Improve players technically (dribbling, moves & finishing) to be able to beat defenders, create opportunities to score and finish calmly past goalkeepers.

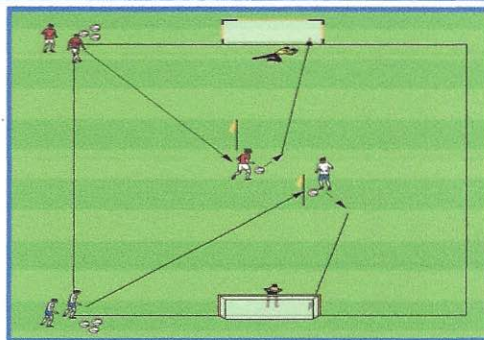
Warm Up Activity

Area: 25 x 15 yards with two large goals and flags as shown.

Organization: Split players into two groups and place as shown. Players receive the ball from a teammate around the flag and finish. Rotate to the flag after passing. After shooting rotate to the next group to pass.

Coaching Points

- Receiving touch - self pass, should prepare you to shoot.
- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.
- Turning techniques - inside and outside of the foot.



Small Sided Game

Area: 25 x 15 yards with two large goals.

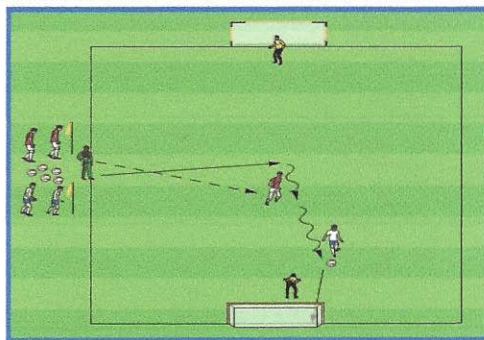
Organization: Split players into two teams and place as shown. Game starts when the coach passes the ball into the area. Play 1 v 1 to start. Players can score on either goal.

Progression 1: Attack and defend one goal.

Progression 2: Create a 2 v 1.

Coaching Points

- Be aggressive, try to beat the defender first.
- You only need to create half a yard to shoot.
- Choice of technique to shoot - power vs. accuracy. Finish rather than shoot.
- 2 v 1, create a good supporting angle to receive & finish.



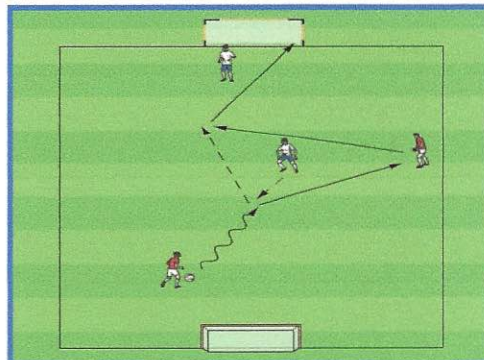
Expanded Game

Area: 25 x 15 yards with two goals.

Organization: 2 v 2 - 1. Split players into two teams of two. In possession teams have three field players, when defending one player must drop into the goal, which creates a 2 v 1 situation.

Coaching Points

- Decision in possession: penetrate or keep possession?
- Look for 1 v 1 situations and be aggressive. Look to beat the defender and create a goal scoring chance.
- 2 v 1 - good support angles. Pass the ball if your teammate is in a better situation than you to score.
- Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!



Game

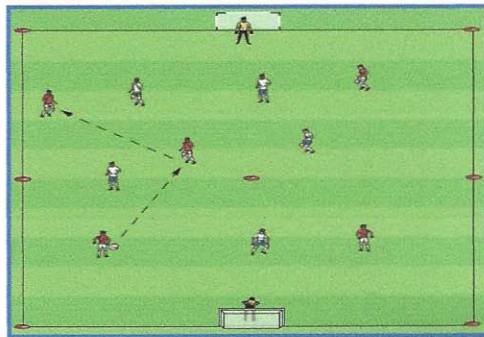
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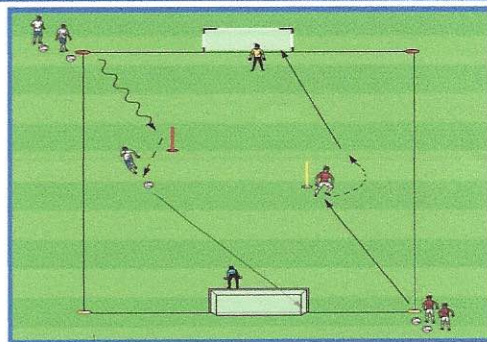
Area: 25 x 15 yards with two large goals and flags as shown.

Organization: Split players into two groups and place as shown.

1. Dribble at the flag, do a move and finish - rotate to opposite group.
2. Player 1 stands at the flag, player 2 passes to player 1 who turns and finishes. Shoot player rotates to next station. Passing player moves to the flag. Continue.

Coaching Points

- Dribbling and moves.
- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.
- Turning techniques - inside and outside of the foot.



Small Sided Game

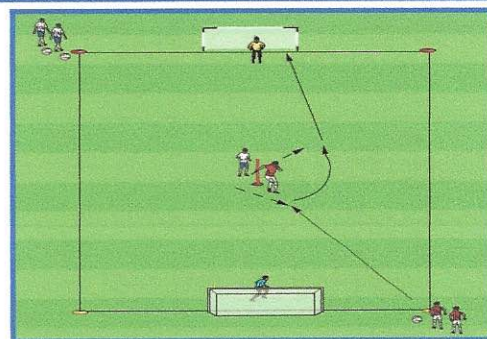
Area: 25 x 15 yards with two large goals.

Organization: Split players into two teams and place as shown. Game starts with a player from each team on the central flag. Teammate passes to player on the flag and starts the 1 v 1. If the attacking player cannot turn and score they can pass back to a teammate who can help them keep possession.

Progression: Teammate can join to create a 2 v 1 when ball is played back.

Coaching Points

- Be aggressive, try to beat the defender first.
- You only need to create half a yard to shoot.
- Choice of technique to shoot - power vs. accuracy. Finish rather than shoot.
- After adding a teammate, create a good supporting angle to receive & finish.



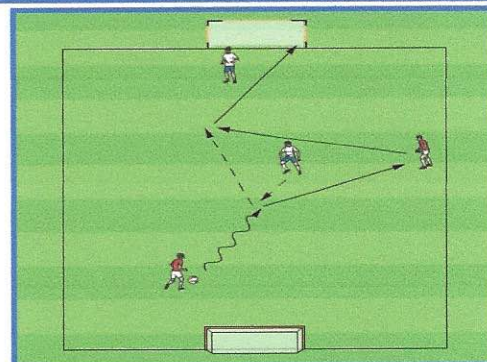
Expanded Game

Area: 25 x 15 yards with two goals.

Organization: 2 v 2 - 1. Split players into two teams of two. In possession teams have three field players, when defending one player must drop into the goal, which creates a 2 v 1 situation.

Coaching Points

- Decision in possession: penetrate or keep possession?
- Look for 1 v 1 situations and be aggressive. Look to beat the defender and create a goal scoring chance.
- 2 v 1 - good support angles. Pass the ball if your teammate is in a better situation than you to score.
- Choice of finishing surface - how far from goal, power vs. precision - look to finish past the goalkeeper rather than shoot the ball!



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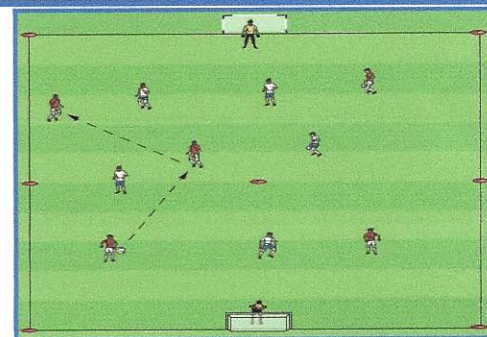
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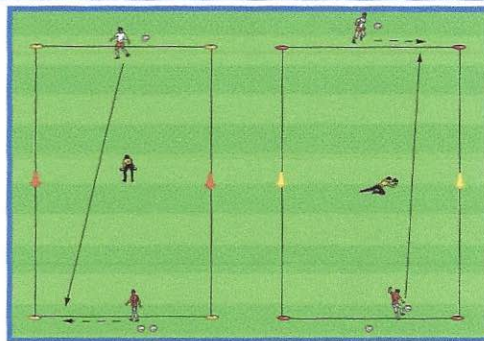
Warm Up Activity

Area: 10 x 20 yards with an 8 yard goal in the center.

Organization: Split players into three's, one ball per group. Place one player at either end and one player in goal. Each end line player has 5 shots. Player on opposite end line acts as a retriever when not shooting. Rotate GKs after they have received 10 shots. Add competition.

Coaching Points

- Driven / Instep Shot - Refer to techniques section.
- Inside of the foot shot - same as passing with the inside of the foot.
- General: remain balanced, step non-kicking foot inline with the ball, hips and shoulders should face target and follow through towards the target.



Small Sided Game

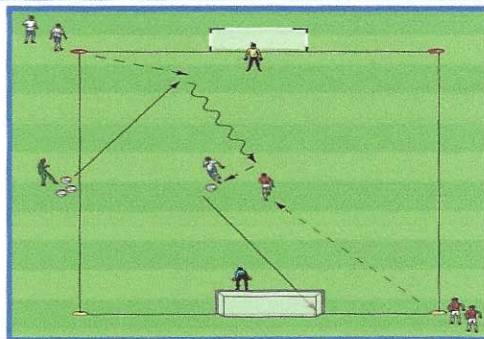
Area: 25 x 15 yards with two large goals.

Organization: Split players into two teams and place as shown. Coach starts the game by pass to one team. Play 1 v 1s to start.

Progression: If the attacker cannot beat the defender and get a shot off, they can pass backwards and join a teammate in to create 2 v 1.

Coaching Points

- Be aggressive, try to beat the defender to create a shooting opportunity.
- You only need to create half a yard to shoot.
- Choice of technique to shoot - power vs. accuracy.
- Finish rather than shoot.
- After adding a teammate, create a good supporting angle to receive & finish.



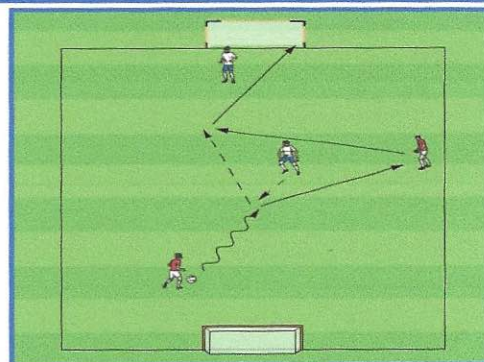
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