



North Carolina Youth Soccer Association



Name: NCYSA State Instructional Staff

Topic: How to Shoot/Finish with Accuracy

<p>TECHNICAL WARM UP</p>	<p>ORGANIZATION <u>Individual Shooting Warm Up</u> -Cone in middle of each goal -Players rotate through lines 1. Dribble to outside of flag – shoot on goal (Instep, aim for far half of goal) 2. Dribble to inside of flag – shoot on goal (Inside foot, aim for far side of goal)</p>	<p>KEY COACHING POINTS</p> <p>Quality of Preparation Touch</p> <p>Body mechanics & Control of Body</p> <p>Body Position and Balance (eye on ball)</p> <p>Contact Surface</p>
<p>SMALL SIDED ACTIVITIES</p>	<p><u>Series of Finishing Games</u> -Players rotate through lines 1. 1 v 1 to Goal -Attacking player must engage def to score 2. 2 v 1 to Goal -Players behind left goal attack -Players rotate from attacking to defending 3. 2 v 2 to Goal 4. 3 v 2 to Goal</p>	<p>Tactical Application to Game Situation</p> <p>-Choice of foot surface -Placement v Power -Accuracy</p> <p>Positioning to gain an advantage</p> <p>Aggressive & Positive Mentality</p>
<p>SMALL SIDED GAMES - DIRECTIONAL</p>	<p><u>4 v 4 + N Game</u> -First team to 2 goals wins -First time finish = 2 goals -Team that concedes 2 goals becomes neutrals</p>	<p>Vision & Anticipation</p> <p>Tactical Application to Game Situation</p> <p>-Choice of surface -Placement v Power -Positioning</p> <p>Quality of Preparation Touch</p>
<p>EXPANDED SMALL SIDED GAME (6 V 6)</p>		<p>Correct Shape of Team</p> <p>Movement</p> <p>Speed of Play</p>
<p>COOL DOWN</p>		



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