



## finishing session

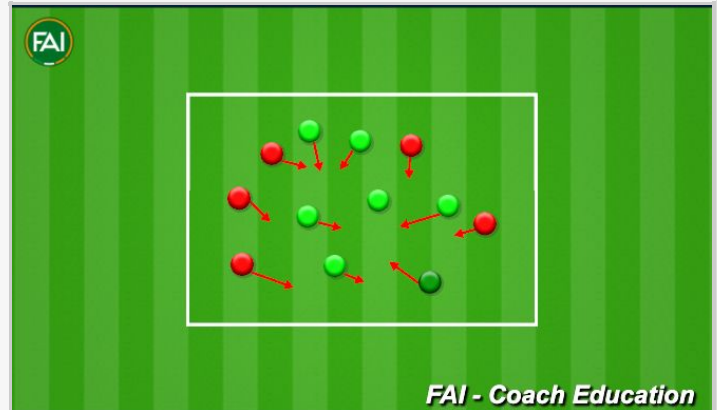
Category: Academy: Finish the attack  
Skill: U12

Pro-Club: FAI - Coach Education  
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### Warm up

#### Warm up (5min):

- Dynamic Flexibility
- Accelerate to decelerate
- ACL prevention (single leghops, lateral hops, landing/cutting)
- Reactionary Sprints



### Technical Warm up

Time: 10 minutes

#### Pass and finish

Pattern A and Pattern B are taking place at the same time...stagger the start times. (ie)

When player 3 receives in Pattern A, Player 1 will commence passing sequence in pattern B

-After 5 minutes, have players flip sides so as they practice both patterns

**Pattern A- B:** Player 1 starts with the ball passing into player 2 who give back first touch and number 1 play first touch too to player 3. Player 3 takes a positive touch, dribbles and finishes. Players follow their pass to next disc, with Player 3 collecting their ball and joining the end of the line.

#### Coaching Points

Quick, precise passing

Finishing:

- Positive first touch/ preparation touch out of feet towards the net
- observe (position of goalie -head up)
- accelerate to ball at an angle
- eye on ball on contact
- follow through the ball
- part of foot
- accuracy before power
- shoot across the face of the net to far post.
- breakaway--pass shot!



## Finishing drill

Time: 25 Minutes

### Method:

Finishing drill - 3 stations - one goal:

- 1) Dribble to beat the mannequin with one touch to finish.
- 2) As soon as number 1 take the shot, support for number 2 and play one - two with him for number 2 to finish.
- 3) Number 2 drop receive the ball from number 3 and give a ball in depth between the 2 mannequins for a crossing from 3. Number 1 and number 2 try to finish receiving the crossing from 3.

Switch the 3 stations every 5 min.

### Coaching Points:

**1 v 1 Moves:** Players will need to use a 1v1 move to beat the mannequin and get the ball out of their feet. This touch after their 1v1 move should look to push the ball into the area and space so that they can have a run up to the ball to finish accordingly.

**- Disguise:** As players go through onto goal, they should look to adapt their body shape to add disguise onto their shot. This may mean them shaping up to finish in one area with their body shape and instead finishing in a different area of the goal.

**Decision Making:** Players will need to make decisions on where and how they will finish at goal each time. Players should look to adapt to the weight of the ball, or area that they are in when finishing. This may mean changing their body shape, position, and foot that they are finishing with.

**Finishing:** Encourage attackers to finish with either foot in both goals. Players should look to adapt their body shape, angle of approach and type of finish based on where they are and how they are receiving the ball.



## Finishing drill

Time: 20 minutes

### Method:

#### Organization

-Two teams play 5 v 5 + 1 neutral in the area. Attacking team (white) must make 4 passes before going to score. To score they must dribble through one of the gates on either side of the area and finish unopposed.

#### Progressions

-One defender can track the runner through the same or opposite gate.

- Even numbers

- Remove gates, have an attacker and a defender on the top of the box outside of the grid.. after 4 passes the attacking team can now pass into the attacker with 1 player joining to make a 2 v 1, OR if a player dribbles out of the grid he/she can combine with the other striker again for a 2 v 1 .

#### Coaching Points

- **Movement and Positioning**
- **Support Play**
- **Ball Control and First Touch:** Stress the importance of good ball control, especially in tight spaces.
- **Finishing Techniques**
- **Decision-Making:**
- Stress the importance of quick decisions to take advantage of goal-scoring opportunities.
- **Awareness:**
  - Encourage them to scan the field before receiving the ball to make better decisions.
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## Game

Time: 30 minutes

Method: 6vs6

Red plays with 1-2-1-2 and try to score in the 2 small nets and green with 2-1-2-1 try to score in big net  
After 15' we switch side.

### Coaching Points:

All of the above

#### Red Team (1-2-1-2 Formation - Attacking Team):

- **Maintain Formation:** Red team should maintain the 1-2-1-2 formation, which means one forward, two midfielders, one attacking midfielder, and two defenders.
- **Exploit Small Nets:** Focus on creating scoring opportunities by passing and shooting through the two small nets. Use the width of the field to stretch the defense.
- **Quick Ball Movement:** Emphasize quick and accurate ball movement among the players. Short passes and combination play can help break down the defense.
- **Forward Movement:** The forward should make sharp runs to get behind the opposing defenders and into scoring positions.
- **Midfield Support:** The midfielders and attacking midfielder should support both the attack and defense. They should be involved in build-up play and also help with defensive efforts when necessary.
- **Off-the-Ball Movement:** Players without the ball should make intelligent runs to create space and passing options for their teammates.

#### Green Team (2-1-2-1 Formation - Defending Team):

- **Defensive Shape:** Maintain a solid and compact defensive shape with two defenders, one defensive midfielder, two midfielders, and one forward.
- **Protect the Big Net:** Prioritize defending the big net. Ensure that defenders are well-positioned to block shots and protect the goal.
- **Pressure on the Ball:** Apply pressure on the ball carrier from the Red team to disrupt their passing and shooting. Work as a unit to press and regain possession.
- **Cover and Support:** Defenders and midfielders should provide cover for each other. Ensure that there's always someone ready to challenge the Red team's attackers.
- **Interceptions:** Look for opportunities to intercept passes and disrupt the Red team's build-up play.



## Cool Down

Time: 5-10 Minutes

Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes  
Yoga music.

