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| U11-U14 finishing**Category:** Technical: Shooting**Difficulty:** Beginner |  |



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| **Technique (20 mins)** |
| 1.Have players start with ball in hands2.Use proper Technique to strike the ball (toe down ankle locked) 3. Move to punting the ball in airLearning Objectives

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|  | **Technical**Toe Down Ankle locked |
|  | **Psychological**Make players feel comfortable with the appropriate technique |
|  | **Social**Can work in pairs or individually |

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| **Technical shooting from ground (20 mins)** |
| 1. Player starts behind cone
2. Player takes touch to Right or Left side of cone (depending on which foot coach wants to work on)
3. Player strikes ball on to net with power using proper technique

(toe down, ankle locked, swing from hip)1. Coaches can add different moves into the session with it.
2. Players must go on coaches command

Learning Objectives

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|  | **Technical**Toe Down Ankle locked |
|  | **Psychological**Make players feel comfortable with the appropriate technique |
|  | **Social**Can work in pairs or individually |

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| **Going to goal full speed (25 mins)** |  |
| 1. Red player dribbles in leaves ball for blue player at pole
2. Blue receives ball at the pole
3. Blue player races to goal while red player runs around cone to defend player
4. If blue player finishes the ball before red catches him/her are awarded the point
5. if attacking player hits ball on cone and scores on GK its wort2pts
 | Learning Objectives

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| --- | --- |
|  | **Technical**Toe Down Ankle locked |
|  | **Psychological**Make players feel comfortable with the appropriate technique |
|  | **Social**Can work in pairs or individually |

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