

Fergie's Soccer Academy

Shooting and finishing

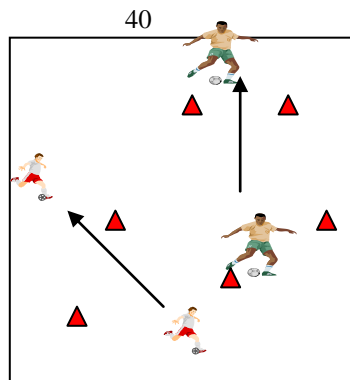
U-11 / U-12

Simple

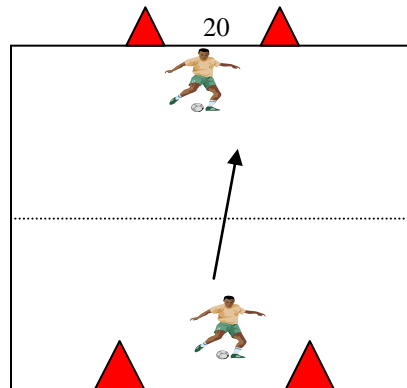
To

Complex

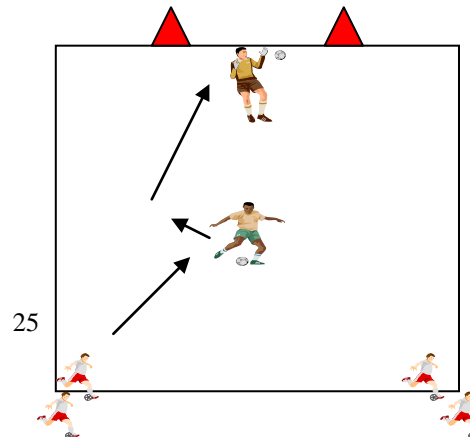
Warm Up



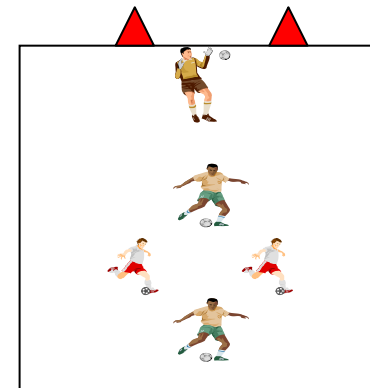
Activity 1



Activity 2



Activity 3



Warm Up

1. Area 40 x 40
2. Set out multiple goals
3. 1 ball between 2 players
4. Pass or shoot the ball through the goals to your partner.
5. Stretch

Strike ball with laces, inside of foot
Kick through the middle of the ball.

Activity 1

1. Area 20 x 25
2. Plenty supply of soccer balls
3. Half way line , Stay in own half
4. Players shoot on each other,
5. 1st player to reach 10 goals

Strike ball with laces, inside of foot
Kick through the middle of the ball,
Accuracy before power
Aim to side of Goal

Activity 2

1. Area 20 x 25
2. 1 goal 8yds wide
3. Each player has a ball
4. 2 groups of 3 to 4 players
5. Pass into player / coach who lays it off for player to shoot.
6. 1 side shoots with there left foot – other side shoots with there right foot

Good technique
Keep head down
Aim for the near and far post

Activity 3

1. Area 20 x 25
2. 1 goal 8yds wide
3. Plenty supply of soccer balls
4. Play 2 v 2 to 1 goal with Goalkeeper
5. 1st team to score 3 goals wins
6. Then change the goalkeeper

Shoot at every opportunity

Gordon Ferguson *Fergie*
Coach / Player Development
Page 1

Coaching Points

Strike ball with laces, inside of foot, outside of foot
Non-kicking foot in a comfortable position at the side of the ball
Kick through the middle of the ball,
Keep head down and still.
Accuracy before power.

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Shooting and finishing

U-11 / U-12

Simple

To

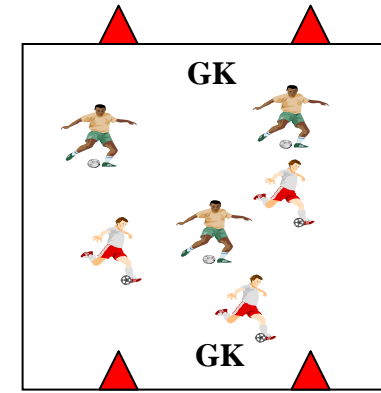
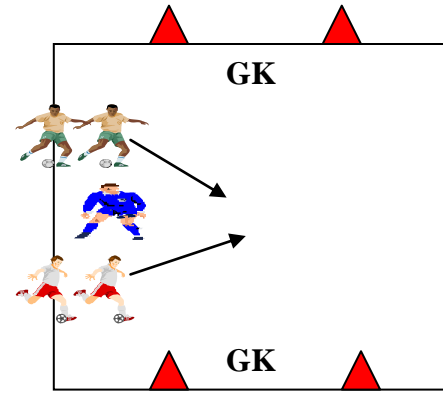
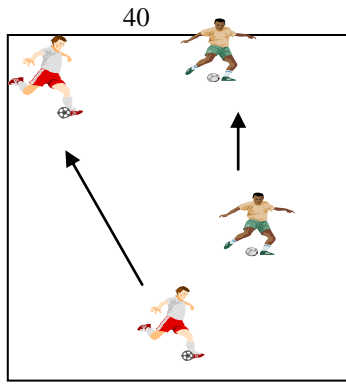
Complex

Warm Up

Activity 1

Activity 2

Activity 3



Warm Up

1. Area 40 x 40
2. 1 ball between 2 players
3. Pass or shoot the ball to your partner.
4. Stretch

Strike ball with laces,
inside of foot
Kick through the middle
of the ball,

Activity 1

1. Area 20 x 25
2. 1 goal 8 yards wide
3. Good supply of soccer balls
4. 2 teams, 1 goalkeeper, 1 team is the shooting team, the other team is the defending team.
5. The shooting team has to dribble around cone # 1 15 yards away and shoot at goal
6. The defender has to run around cone # 2 20yds away

Activity 2

1. Area 20 x 25
2. 2 goals 8yds wide
3. Good supply of soccer balls
4. 1 v 1 , 2 v 2 , 2 v 1 to goal with goalkeepers
5. Coach starts the game by passing the ball in
6. Once the ball is out of bounds, next players play.

Activity 3

1. Area 20 x 25
 2. 2 goals 8yds wide
 3. Plenty supply of soccer balls
 4. Play 3 v 3 to 2 goals with Goalkeepers
 5. 1st team to score 3 goals wins
 6. Then change the goalkeeper
- Shoot at every opportunity
Look for rebound chances

Coaching Points

Strike ball with laces, inside of foot, outside of foot
Non-kicking foot in a comfortable position at the side of the ball
Kick through the middle of the ball,
Keep head down and still.
Accuracy before power.

Fergie's Soccer Academy

Shooting and Finishing

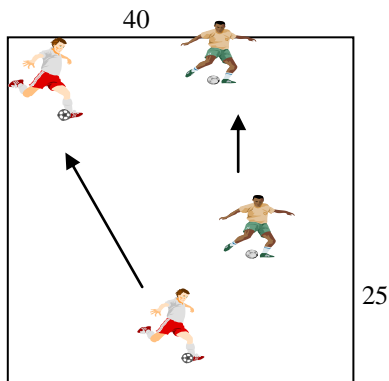
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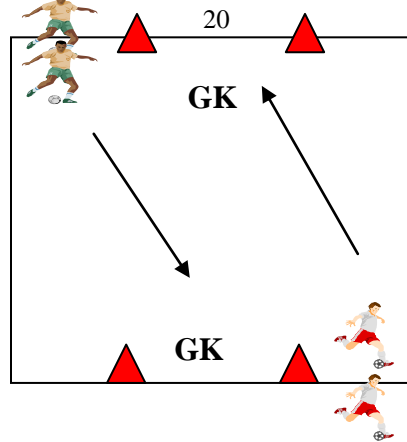
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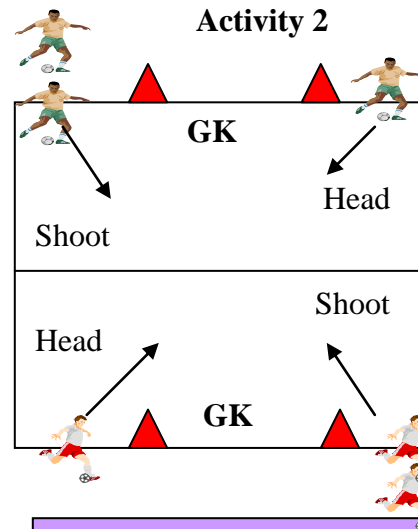
Warm Up



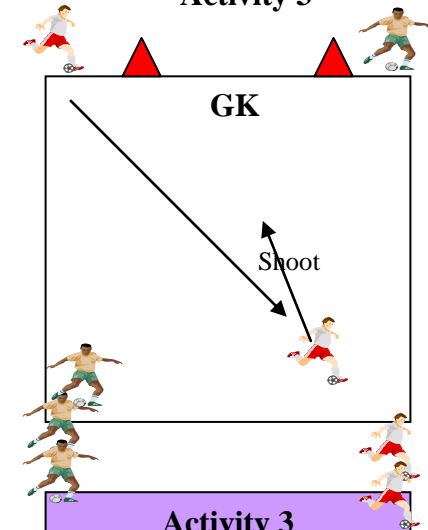
Activity 1



Activity 2



Activity 3



Warm Up

1. Area 40 x 40
2. Ball between 2 players
3. Pass or shoot the ball to your partner.
4. Bend the ball, inside, outside of the foot
5. Stretch

Strike ball with laces, inside of foot
Kick through the middle of the ball,

Activity 1

1. Area 20 x 25
 2. 2 goal 8 yards wide
 3. Good supply of soccer balls
 4. 2 teams, 2 goalkeepers,
 5. Breakaways on the goalie run / Dribble and Shoot, then rotate around.
- Shoot with left foot / Right foot
Game: Everyone against the goalies, how many goals can be scored in 2 minutes, rotate goalies after each game.

Activity 2

Shoot then Head

1. Area 20 x 25
2. 2 goals 8yds wide
3. Good supply of soccer balls
4. Player from each side dribbles and takes a shot
5. Server on each goal with a supply of soccer balls
6. Once the player shoots the server then throws a ball in and the attacker follows and heads to score

Activity 3

1. Area 20 x 25
2. 1 goal 8 yards wide
3. 2 teams 2 servers
4. Server passes the ball to there player who shoots 1st time, once the player shoots they then become the goalkeeper , the opposing teams server then passes the ball out to there team to shoot , 1st team to score 10 goals wins.

Coaching Points

Strike ball with laces, inside of foot, outside of foot
Non-kicking foot in a comfortable position at the side of the ball
Kick through the middle of the ball,
Keep head down and still.
Accuracy before power.

Fergie's Soccer Academy

Shooting and Finishing

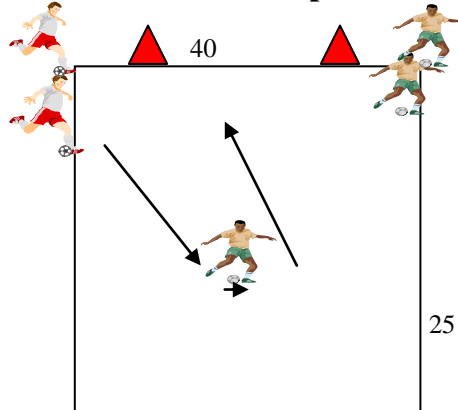
U-11 / U-12

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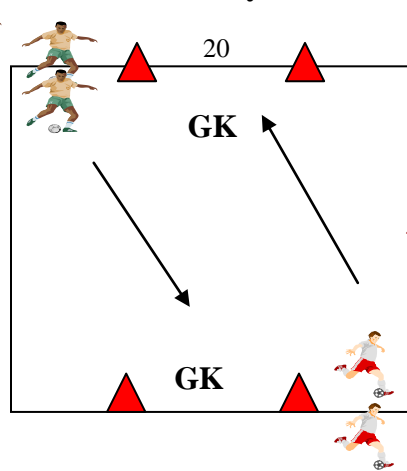
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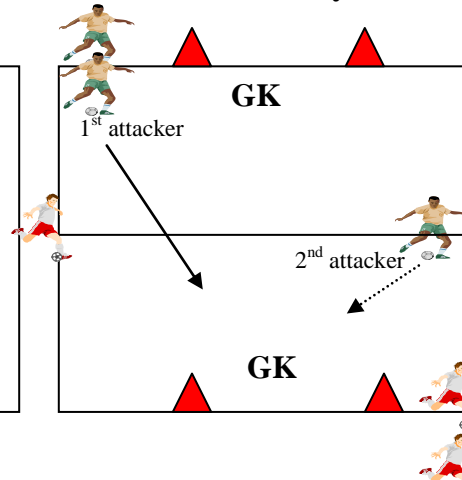
Warm Up



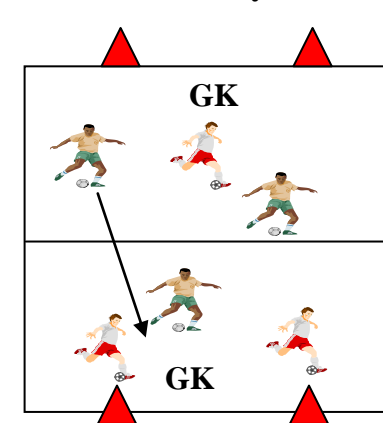
Activity 1



Activity 2



Activity 3



Warm Up

1. Area 10 x goal
 2. Players on both sides of the goal
 3. Pass into coach who is standing 10 yards away
 4. Coach lays the ball off
 5. Player goes around the coach and shoots in empty goal.
- Strike ball with laces, inside of foot
Kick through the middle of the ball,

Activity 1

1. Area 20 x 25
 2. 2 goal 8 yards wide
 3. Good supply of soccer balls
 4. 2 teams, 2 goalkeepers,
 5. Breakaways on the goalie run / Dribble and Shoot, then rotate around.
- Shoot with left foot / Right foot
Game: Everyone against the goalies, how many goals can be scored in 2 minutes, rotate goalies after each game?

Activity 2

Rebound opportunities

1. Area 20 x 25
2. 2 goals 8yds wide
3. Good supply of soccer balls
4. 2 goalkeepers
5. 1st attacking Player dribbles and shoots
6. As the 1st attacker shoots the 2nd attacker is reacting to the rebound if there is one.
7. Play opposite side
8. Rotate 2nd attacker

Activity 3

1. Area 20 x 25
2. 2 goals 8 yards wide
3. 2 teams
4. 3 v 1 (including GK in each Zone) players shoot and try to score.
5. Encourage players to shoot when they have an opportunity. Players off the ball are aware for any rebound opportunities.

Good supply of soccer balls

Coaching Points

Strike ball with laces, inside of foot, outside of foot
Non-kicking foot in a comfortable position at the side of the ball
Kick through the middle of the ball,
Keep head down and still.
Accuracy before power.

Fergie's Soccer Academy
Shooting and Finishing
U-11 / U-12
Individual Functional training

Simple

To

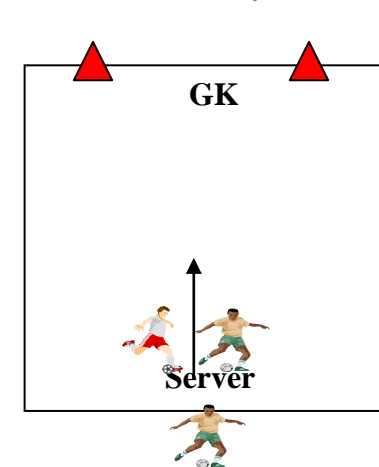
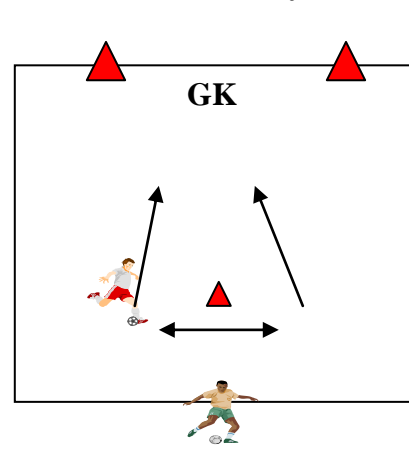
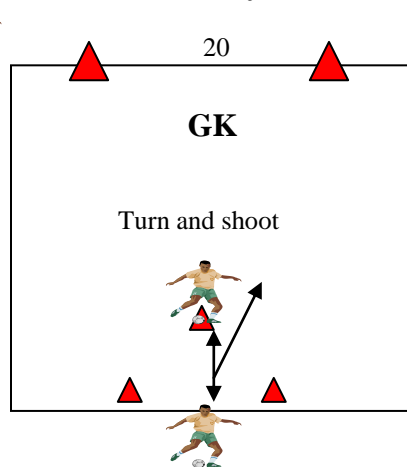
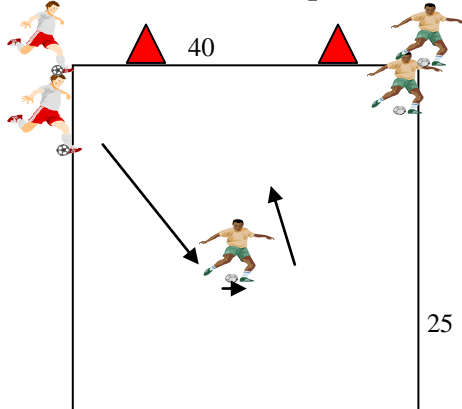
Complex

Warm Up

Activity 1

Activity 2

Activity 3



Warm Up

1. Area 10 x goal
 2. Players on both sides of the goal
 3. Pass into coach who is standing 10 yds away
 4. Coach lays the ball off
 5. Player goes around the coach and shoots in empty goal.
- Strike ball with laces, inside of foot
 Kick through the middle of the ball,

Activity 1

- Functional training for striker
1. Area 20 x 25
 2. 1 goal 8 yards wide
 3. Good supply of soccer balls
 4. Server passes ball into striker, who then returns it to the server.
 5. Server passes the ball away on an angle right or left, striker has to turn and shoot.
 5. Server can throw ball in the air so striker has to volley
 6. Server can throw in the air to striker who then controls and passes back to server. Next player goes

Activity 2

- Functional training for striker
1. Area 20 x 25
 2. 1 goal 8yds wide
 3. Good supply of soccer balls
 4. 1 goalkeeper
 5. Coach / Player is the server
 6. Coach serves the ball on the right side of the striker, who then shoots, and then the coach serves on the left side of the striker, who then shoots, play for 30 seconds, or 6 /7 balls, how many goals can be scored
 Rotate player

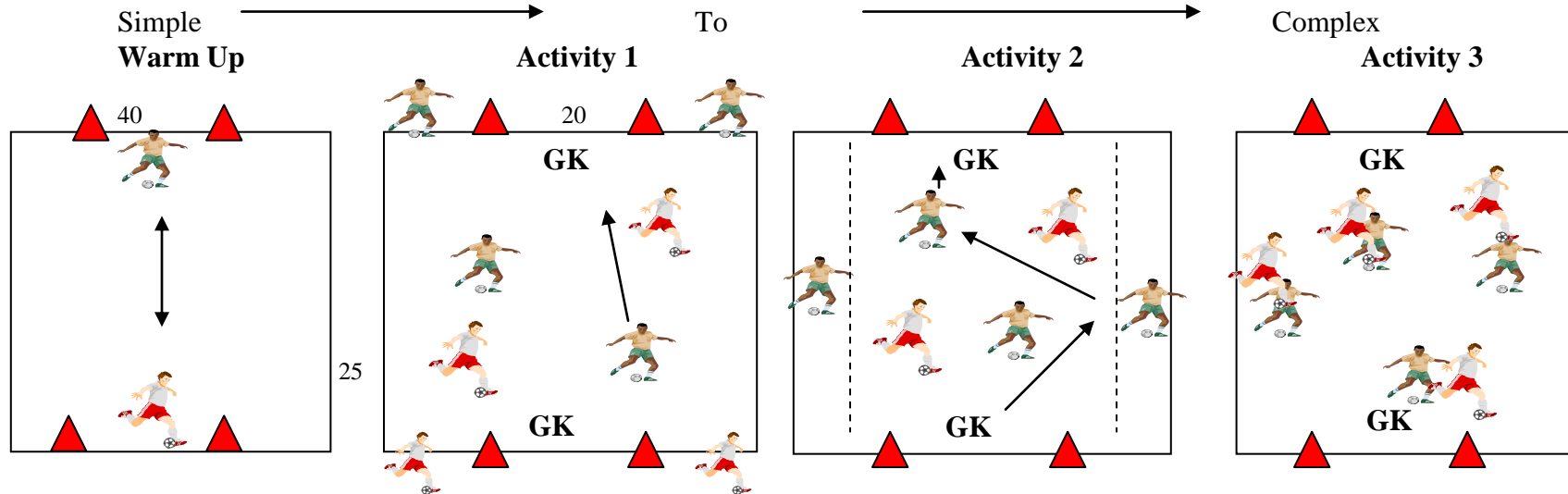
Activity 3

1. Area 20 x 25
 2. 1 goals 8 yards wide
 3. 1 goalkeeper
 4. Server has a good supply of soccer balls
 5. 2 players stand shoulder to shoulder and play 1 v 1 when the server passes or throws the ball in. Fast break, 1st player to score.
- Players can be standing or sitting when you throw ball in

Coaching Points

Strike ball with laces, inside of foot, outside of foot
 Non-kicking foot in a comfortable position at the side of the ball
 Kick through the middle of the ball,
 Keep head down and still.
 Accuracy before power.

Fergie's Soccer Academy
Shooting and Finishing
U-11 / U-12
Game Related Training



Warm Up

1. Area 10 x 20
 2. 1 Players in each goal
 3. Take it in turn to shoot at each other practicing technique.
 4. Strike ball with laces, inside of foot
- Kick through the middle of the ball,
 Bend and swerve the ball with the inside and outside of the foot.

Activity 1

Target Game

1. Area 20 x 25
 2. 2 goal 8 yards wide
 3. Good supply of soccer balls in the goals
 4. 2 v 2 with goalkeepers
 5. 4 target players at the side of each goal.
 6. 1st team to score 3 goals wins, rotate players in the middle.
- Encourage players to take opportunities and be aware of rebounds.
 Progression 3 v 3

Activity 2

1. Area 25 x 35 wide
 2. 2 goal 8yds wide
 3. Good supply of soccer balls
 4. 2 goalkeepers
 5. 2 v 2 with goalkeepers in middle
 6. 1 player out wide in each channel can move up and down the channel
 7. 1st team to score 3 goals wins, Rotate players in the middle and out wide in the channels after each game
- Encourage players to shoot and attack crosses in the box

Activity 3

1. Area 20 x 25
2. 1 goal 8 yards wide
3. 2 goalkeeper
4. Good supply of soccer balls in each goal.
5. Play 4 v 4 with goalkeepers, No restrictions

Encourage players to take shots, look for rebounds, attack crosses and finish there chances, Good movement on and off the ball.

Gordon Ferguson *Fergie*
 Coach / Player Development
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Coaching Points

Strike ball with laces, inside of foot, outside of foot
 Non-kicking foot in a comfortable position at the side of the ball.
 Kick through the middle of the ball,
 Keep head down and still.
 Accuracy before power.

Coaching Points

Recognize opportunities to shoot,
 Create space for yourself, and others run on and off the ball
 Combinations give and go overlaps to create chances to score
 Awareness of goalkeeper position.
 Composure and confidence in front of goal

Fergie's Soccer Academy

Shooting and Finishing

U-11 / U-12

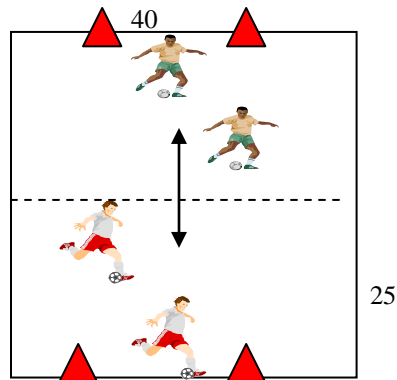
Game Related Training

Simple

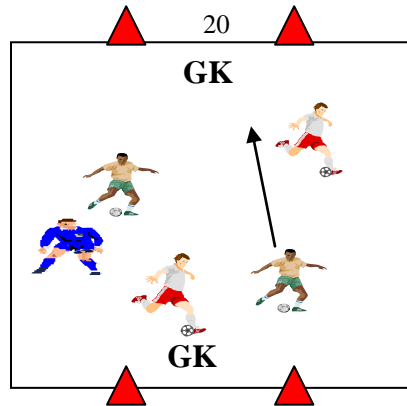
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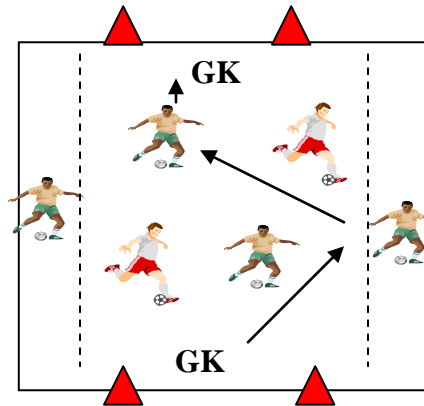
Warm Up



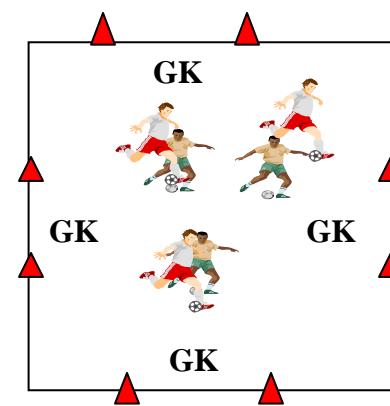
Activity 1



Activity 2



Activity 3



Warm Up

1. Area 20 x 25
2. 2 Players in each goal
3. Take it in turn to shoot at each other practicing technique.
4. Strike ball with laces, inside of foot
Kick through the middle of the ball,
Bend and swerve the ball with the inside and outside of the foot. Work on give and goes, overlaps then shoot

Activity 1

Target Game

1. Area 20 x 25
2. 2 goal 8 yards wide
3. Good supply of soccer balls in the goals
4. 2 v 2 + 1 with goalkeepers
5. 1st team to score 3 goals wins, rotate neutral player in the middle. Encourage players to take opportunities and be aware of rebounds.

Activity 2

1. Area 25 x 35 wide
2. 2 goal 8yds wide
3. Good supply of soccer balls
4. 2 goalkeeper
5. 2 v 2 with goalkeepers in middle
6. 1 player out wide in each channel can move up and down the channel
7. 1st team to score 3 goals wins, Rotate players in the middle and out wide in the channels after each game Encourage players to shoot and attack crosses in the box

Activity 3

1. Area 20 x 25
2. 4 goals 8 yards wide
3. 4 goalkeeper
4. Good supply of soccer balls in each goal.
5. 2 teams, 1 team plays north, south, the other team plays East, West, 1st team to score 3 goals. Encourage players to take shots, look for rebounds, attack crosses and finish there chances, Good movement on and off the ball.

Gordon Ferguson *Fergie*
Coach / Player Development
Page 7

Coaching Points

Strike ball with laces, inside of foot, outside of foot
Non-kicking foot in a comfortable position at the side of the ball
Kick through the middle of the ball,
Keep head down and still.
Accuracy before power.

Coaching Points

Recognize opportunities to shoot,
Create space for yourself, and others runs on and off the ball
Combinations, give and gos, overlaps to create chances to score
Awareness of goalkeeper position.
Composure and confidence in front of goal