

Soccer Session for Finishing



Soccer Graphics

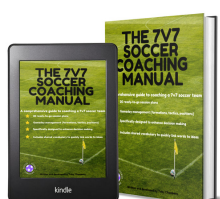


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

Use code AFL-RMTD for 5% off

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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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FREE 7V7 SAMPLE



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soccer warm-up for finishing

Time: 10 minutes

Set up:

15x20 yard area
 1 soccer ball per player
 1 pinnie per pair

Instructions:

create your area and divide your players into pairs.

In each pair, there will be 1 pinnie.

Both of these players will be dribbling their soccer balls.

The player who starts with the pinnie will be the tagger and they must tag their partner, if they do this they will give the pinnie to their partner to become the tagger.

After 2 minutes, the player without the pinnie will get 1 point.

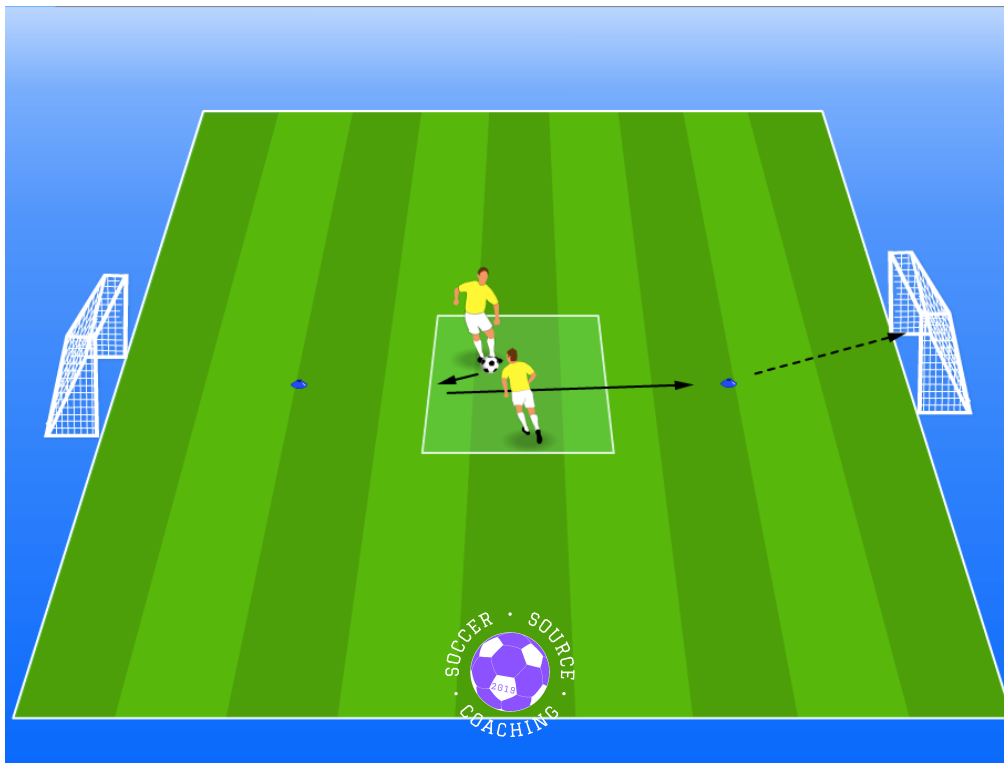
When a player has been tagged they must wait 5 seconds to tag back their partner.

Coaching points:

Small touches when turning and changing direction
 Big Touches when accelerating into space
 Keep your head up when dribbling

Questions that can lead to coaching points:

What touches do we want to take when changing direction? Why?
 What touches do we want to take when there is space in front of us? Why?
 Where should my head be when I am dribbling?



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Soccer finishing technical activity

Time: 25 minutes

Set up:

15x20 yard area
 4x4 yard area in the middle
 2 goals
 1 soccer ball per pair
 Max pairs per square 6

Instructions:

Using the same area create a smaller square inside and place 1 goal in the middle of the 15-yard line opposite each other and set up a marker 6 yards back from the goals and 1 yard in from the posts.

Staying in the same pairs 1 player will be an attacker the other will be a defender.

In the 4x4 yard square, the defenders can only shadow the defender.

Once the attacker leaves the square the defender can try and win the ball.

The attacker can decide when they want to leave the square and score a goal.

If they score a goal they will get 1 point, if they score a goal through the gate in the corners they will get 3 points.

However, if they take their shot in front of the marker it will not count.

If the defender challenges and wins the ball the scores in the opposite goal they will get 1 point.

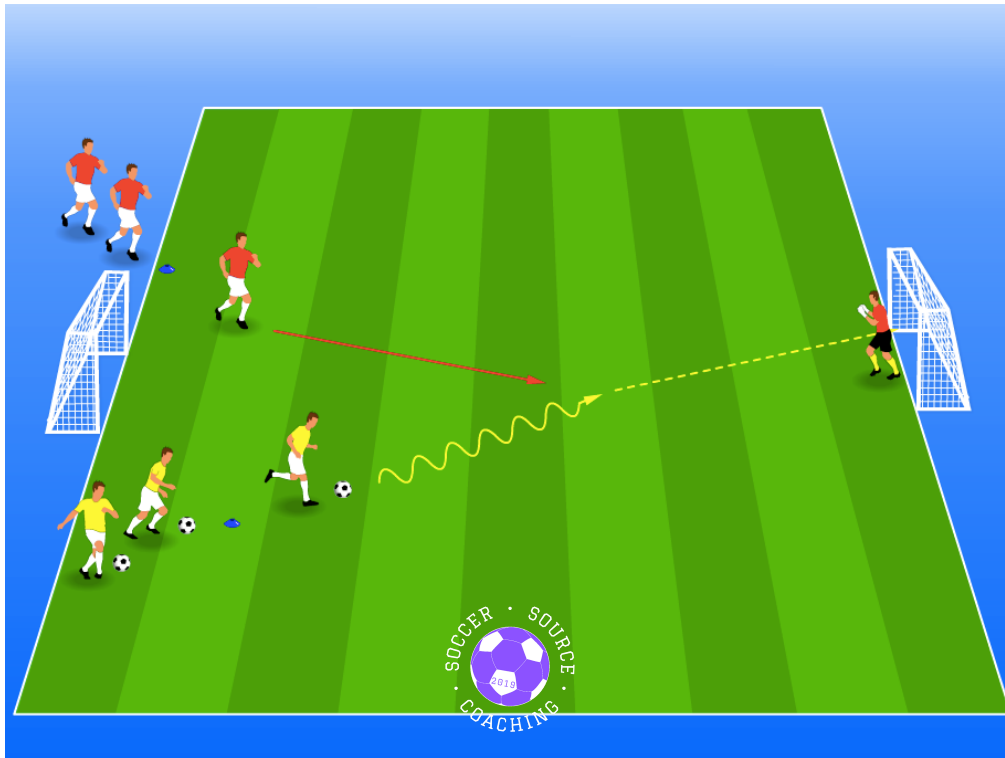
swap the defender and the attacker every 5 minutes, the player with the highest score wins

Coaching points:

Big touches into the space to accelerate away from the defender
 Aim for the corners of the goal
 Keep your head up so you can see how far away from the goal you are.

Questions that can lead to coaching points:

What can we do to get away from the defender if we have space in front of us?
 Where should you be aiming your shot?
 Where should I be looking? Why?



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Finishing progression

Time: 25 minutes

Set up:

15x20 yard area
2 goals
1 goalkeeper
1 soccer per 2 players

Instructions:

Use the same area however remove the square in the middle, bring one of the goals forward by 5 yards and place a goalkeeper in the opposite goal.

The attackers will start with a soccer ball in line with the goal that is 5 yards in from the side and they are trying to goal in the opposite goal against the goalkeeper

The defenders will start 5 yards back and must pressure the attacker when they start dribbling.

If the attacker scores a goal they will get 3 points and if they get fouled by the defender they will get 1 point.

If the defender can win the ball back and score in the opposite goal they will get 1 point.

swap over the defenders and attackers every 6 minutes

Coaching points:

Big touches to accelerate away from the defender
Keep your head up so you know where the goal is and how far away you are
Small quick touches when changing direction

Questions that can lead to coaching points:

What touches do we want to take if have space in front of us?
Why do I want to keep my head up?
How can get away from the defender in a small area?



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Finishing conditioned game

Time: 15 minutes

Set up:

15x20 yards area

Equal teams of 3 to 4 players

1 soccer ball

Instruction:

This will be a normal scrimmage however set up 2 gates in the corner of the goals if players can score they will get 1 point and if they manage to get the ball through the gate they will get 3 points.

Coaching points:

Allow your players to play without too much instruction

Help players make better decisions making through asking questions and guiding them towards a better decision.

Normal Scrimmage: 10 minutes