



**SOCCKER COACH**  
**Norbert Altenstad**  
**Tel: 514-717-5373**  
**E-mail: nstad@sympatico.ca**



# **U12 FINISHING (From combination play)**

**By: Mario Prata,**

**OBJECTIVE:** To help players recognize opportunities to finish from combination play. To help players develop the ability and the risky & aggressive attitude & instinct to score.

**Possible combinations:**

- The double- pass
- The overlap/run-around
- The wall-pass
- The take-over

**Some general points:**

- The players' ability to recognize the verbal and visual cues of teammates is crucial to success
- The correct timing of runs and passes is crucial to success
- Appropriate angles and distance of support is crucial to success

**1) Shooting Warm – Up (15 minutes):**

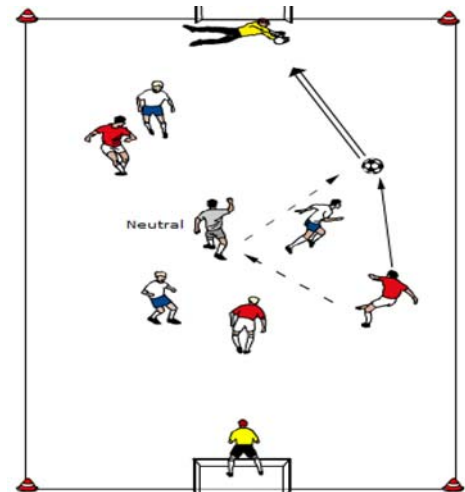
Set up two goals about 40 yards apart and the width of the penalty area, with GK's in each goal. (2 field players per ball) Pairs of field players passing and moving throughout the area experimenting with different combinations, finishing with a reasonable shot to the keeper (to warm the keeper up). Version 2: Pairs now try to score (after using different combinations).

**Coaching Points:**

- Stress passing and receiving techniques...use of the inside and outside of the foot, and the toe when passing
- Reinforce combination play coaching points
- Coach non-verbal cues...angle and timing of runs with and without the ball
- Coach verbal cues...i.e., "Hold!"

**2) 3v3+1 to goal. (10 minutes):**

On a field 30 yds wide X 35 yds long place two regulation size goals centrally on each end line. Play a game awarding 2 points for any goals scored from a combination play. Award 1 point for goals scored otherwise.





**SOCCKER COACH**  
**Norbert Altenstad**  
**Tel: 514-717-5373**  
**E-mail: nstad@sympatico.ca**



### Coaching Points:

- Work on passing and receiving techniques; proper pace and accuracy of the pass; proper 1<sup>st</sup> touch.
- Work on technical speed.
- Perfect communication.
- Talk about visual cues.
- Constantly survey the playing area
- Reinforce the combination play coaching points.
- Talk about taking opportunities to score.
- Be alert and ready to tap in any ball or rebound.
- Reinforce following up all shots.
- Talk about placement versus power.
- Develop rhythm of play based on what the game presents...increase speed of play at the right time

### 3) 4vs4+4 on deck+2GK'S (15 minutes):

Two teams play soccer , on a field 30 yds wide X 45 yds long with regulation size goals centrally positioned on each end line. One team is on-deck waiting outside the field. First team to score two goals remains on the field, losing team is replaced by the on- deck team; or if two minutes pass by, and neither team has scored 2 goals or the game is tied, the team that has been on the field longest is replaced by the on-deck team. Captains on each team keep score.

### Coaching Points:

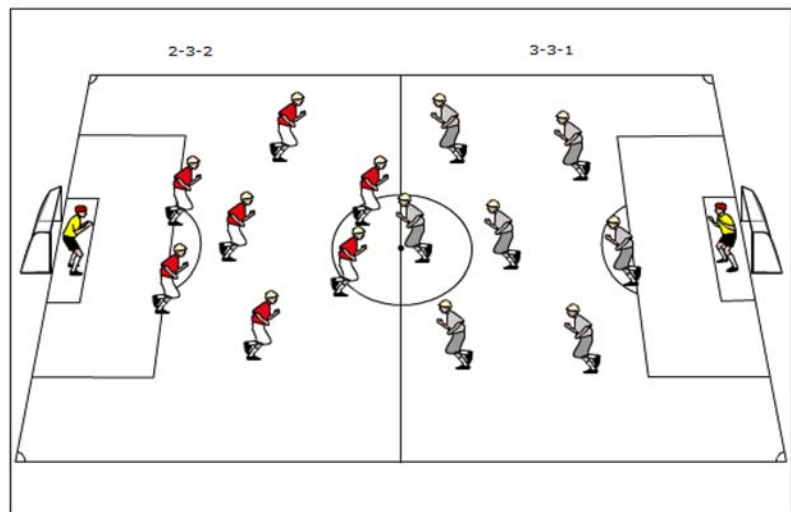
- Reinforce the coaching points previously covered. Be sure to connect the dots...when making coaching points in these small sided games talk about how all attacking players are connected.

### 4) Game to two goals with GKs (30 minutes):

Play – 8V8 or 11v11 with GKPR's. We always try to finish with a scrimmage, with playing numbers as close to the numbers that we play with in our league games.

### Coaching Points:

- Reinforce coaching points made throughout the training session.



### 5) Cool-down (5-10 minutes):

Individual juggling; challenge players to see who can juggle the most in a 2 minute period.