

# Session Topic: Finishing

Coach Name: Nate Shotts

Age Group: 1987 Girls



*(Activities should be developmentally appropriate to age group.)*

<b><u>DIAGRAMS</u></b>	<b><u>ACTIVITY &amp; ORGANIZATION</u></b>	<b><u>KEY COACHING POINTS</u></b>
<b><u>WARM-UP</u></b>	Passing and moving – Use variations such as long driven ball, chipped pass and striking balls out of the air first time back to partner. Include stretching periodically.	Proper way to prepare a player for game condition.
<b><u>PHASE 1</u></b>	3:2 w/keepers to goal utilizing service from different areas of the field. If the defender wins – knock ball to one of the targets for a point.	Concentration Proper technique of striking a ball, heading and use of any surface to score Vision (find the seam)
<b><u>PHASE 2</u></b>	3:3 + 2 to goal with keepers – goals in close with width crosses into box. *Variation – 3 teams of 4, play 4:4 with 1 team of 4 as outside targets.	Concentration – vision Deception and ability to use outside and inside of foot. Proper decisions
<b><u>PHASE 3: THE GAME</u></b>	6:6 or 7:7 w/keepers with goals in tight enough to allow many shots on goal. Odd player can be a neutral.	Incorporate all the previous coaching points and help players identify these within the game.
<b><u>COOL DOWN</u></b>	Jogging/Stretching	