

Sandy HS Girls

Finishing (Shooting & Heading)

Warm Up

Play short short long (groups of 4)

Emphasize communication; 2 touch, then 1 touch.

Select 2 teams. Play 'Hot Box' 6v2 in Penalty area. 5 have to have 4 passes before shooting in either goal, defenders can steal and shoot anytime. 3 rounds so everyone defends!

Finishing

Split into 2 teams; defenders and attackers. Defenders (on post) play ball to attackers 30 yards out, who shoot on goal. After a few rounds (left/right foot) introduce defender coming off post. Go over aspects/techniques of shooting & heading.

Go to 2v2.

Crossing & Finishing (½-field)

Play 2v1 (3 sets of players) in midfield box, and attempt to serve into a wide channel (have 3 wide players each side) and then cross for players running in.

Coaching Points for

Crossing and Heading

1. Get the ball wide as quickly as possible
2. If 1v1 in the final third, go at the defender, fake one way, then use outside of opposite foot to attack outside of defenders front foot
3. If time look up and decide whether to play to front or back post (depends on where attackers are – listen for call also)
4. Attackers must check out away from ball, then sprint towards the flight of the ball (this not only loses the defender but also creates the forward momentum for a more powerful header)
5. Defenders must keep body open (able to see ball and player they are marking)
6. Defenders must always stay goal-side of attacker and always challenge for the ball
7. Defensive headers should be far and wide from our goal

Final game play 5v5(+2) wide players (in channels)

Scoring; shot 1 goal, finish from cross 2 points

Look to switch field to open side