

WASA Age Group Training #3

Coach:

Topic: Finishing

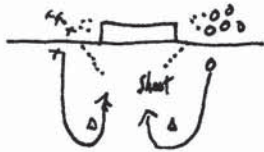
Date:

Age Group: ~~U11-U12~~ ~~U11-U12~~

U11-U12

Striking the Ball

Coach:



Players strike ball to each other

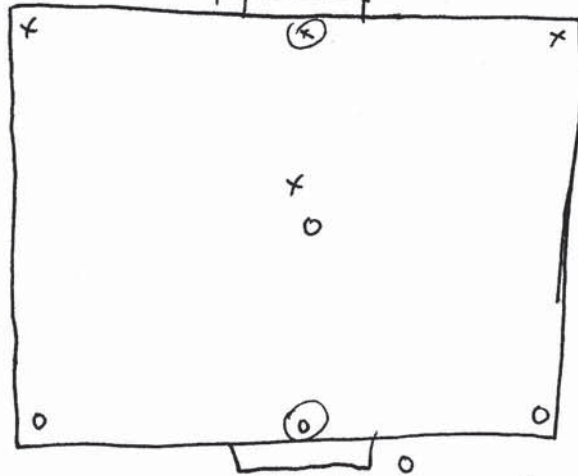
- inside of foot
- laces
- outside foot
- bending the ball?

∴ Players should practice hitting moving/non-moving balls.

1. 2 groups at each post
2. Player runs around cone - Server plays ball on ground - shoot ... next player goes
3. Vary types of serving - ground, feet, slow, bouncing
4. Player can take touch 1st then shoot

1v1 w/targets

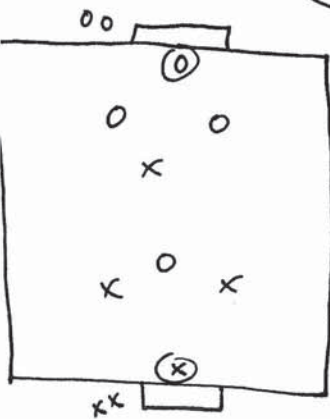
Coach:



1. 1v1 game to big goals w/keepers [or sm goals]
2. GK starts game by playing ball to either side player. Side player then plays ball to player.
3. Attacker can use targets to combine with
4. Add: player that plays ball to target - can join target to play 2v1.

3v3

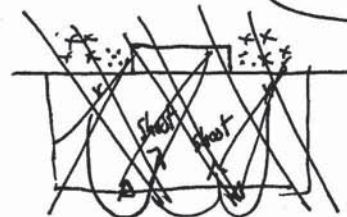
Coach:



1. 3v3 game to lg. Goals w/keepers
2. Play 2-1 formation
 - encourage playing ball to Target
 - encourage shooting
3. option: Add 2 side players for each team (in the corners) GK will start the game by playing ball to one of these side players.

Striking on Goal

Coach:



1. Play to Target player
2. Target player serves left or right and then spins away the opposite direction for rebound.
3. Attacker shoots and then becomes the new target player. old Target player gets the ball and returns to line
- option: 4. Target plays right back to Attacker - play 1v1 to goal.