
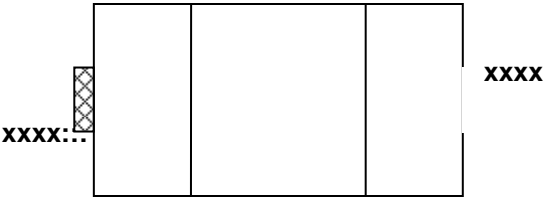
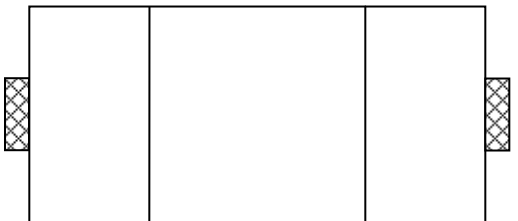
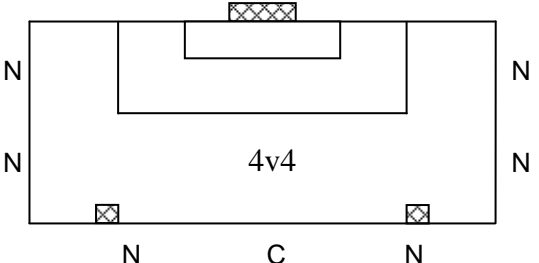


Name: Jeff Hopkins

Topic: Finishing

U14

<p style="text-align: center;">Fundamental</p> 	<p style="text-align: center;">ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Players stand in one of three lines ▪ Attack and shoot on goal ▪ Retrieve ball and go to next line 	<p style="text-align: center;">KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Ankle locked ▪ Solid contact ▪ Follow through ▪ Watch the ball
<p style="text-align: center;">Match Related: 1v1 to Goal</p> 	<ul style="list-style-type: none"> ▪ One line stands off to side of goal post, while other stands opposite side ▪ Defender plays ball out to attacker who goes at defender ▪ If defender wins ball play to coach and play is over ▪ Switch after five minutes ▪ Keep score 	<ul style="list-style-type: none"> ▪ Approach the ball at a slight angle ▪ Plant foot next to ball pointed in direction of target ▪ Ankle locked ▪ Body over ball – momentum forward ▪ Follow through ▪ Land on kicking foot ▪ Watch ball ▪ Placement versus power
<p style="text-align: center;">Match Related: Thunder/Lightning</p> 	<ul style="list-style-type: none"> ▪ Play 1v1 in a 40-x-25 yard area ▪ A line of cones should be made approximately 18 yards from each goal ▪ As soon as attacker shoots a new player from other team attacks and they immediately defend ▪ Cannot shoot before line <p>Progression: Play 2v2</p>	<ul style="list-style-type: none"> ▪ Attack defenders front foot ▪ Change of speed/direction ▪ Moves/feints ▪ Immediate transition
<p style="text-align: center;">Match Condition: King of the Court</p> 	<ul style="list-style-type: none"> ▪ Make 3 teams of 4 Players ▪ 2 teams play against each other ▪ 3 team is on perimeter of field ▪ Whichever team score stays on ▪ Team that gets score on switches with waiting team ▪ Immediate transition <p>Progression: Defending team must win ball and play out to coach to reset attack</p>	<ul style="list-style-type: none"> ▪ Observe to see if session has helped with finishing ability