
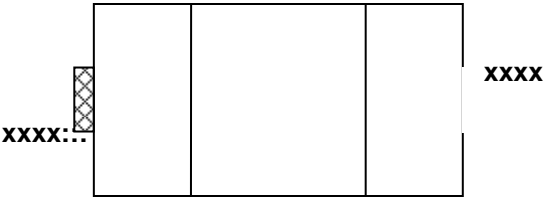
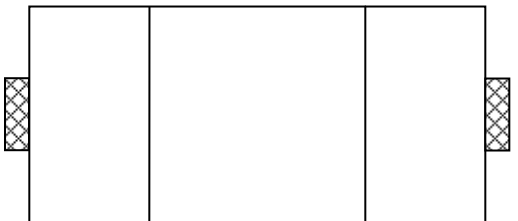
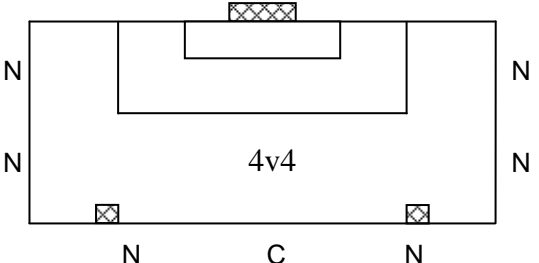


Name: Jeff Hopkins

Topic: Finishing

U14

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