



# MASS YOUTH SOCCER SESSION PLAN

**Topic**

**SHOOTING 2 - FINISHING INSIDE THE BOX**

**Objectives (5 W's)**

**Who:** #7, #9, #10, #11 **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between /behind defensive line, Get numbers in the box  
**Where:** Inside the Penalty Area  
**When:** The ball has been put across the goal mouth or shooting window is available  
**Why:** To develop an aggressive goal scoring mentality

**Organization**

Duration  Intensity

Area: In a 47Wx36L yard field with a goal and two small counter goals.  
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end; shooting inside the scoring zone - Interval 1: Finish with 2 touches - Interval 2: Finish with one touch - Interval 3: Which team can score the most goals in 4 minutes?

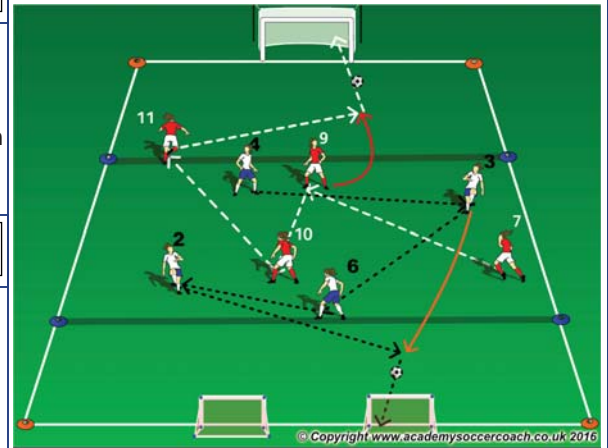
**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique of Finishing:**

Knees bent, head down, hips and knee over ball, body slightly leaning over ball non-kicking foot beside ball. Ankle locked, angled approach to ball, strike ball with laces or the inside of the foot at the center of the ball

**Warm-up / Orientation Shooting Competition**



**Orientation**

4v4 - Romarios' Game



**Organization**

Duration  Intensity

Area: In a 47Wx36L yard field with a big goal and two small counter goals.  
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4 - Red team scores in the big goal, the White team scores in either of the two goals.  
 Scoring: A goal scored by one touch is 100 points. Goal scored with 2 touches is 50 points. Any other goal is 1 point.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** - Shooting/Finishing: Accuracy and pace - Receiving: Body position, surface selection of the foot and ball, first touch direction and distance  
**Team Tactical Attacking Principles** - Play forward when possible: Who? Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in between/behind defensive line: Who? Where? When? Why?

**Organization**

Duration  Intensity

Area: in a 50Wx60L yard field with goals  
 Target team: #'s 1, 4, 5, 7, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9. Play to score in the opponent's goal. All laws apply.

**Coaching Points**

Activity Time  Rest  Intervals

**What? Technique** ~ Shooting and Receiving

**Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create 1v1 or diagonal passing lanes: Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why? - Play early crosses behind defenders: Where? When? - Get numbers into the box: Who? When? Why?

**Learning**

7v7 Finesse



**Implementation**

**9v9** Duration  Formation  Activity Time  Rest  Intervals

**Organization**

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 9, 10, 11 to finish inside the box.

**Coaching Points**

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play.