Author: Sam Snow

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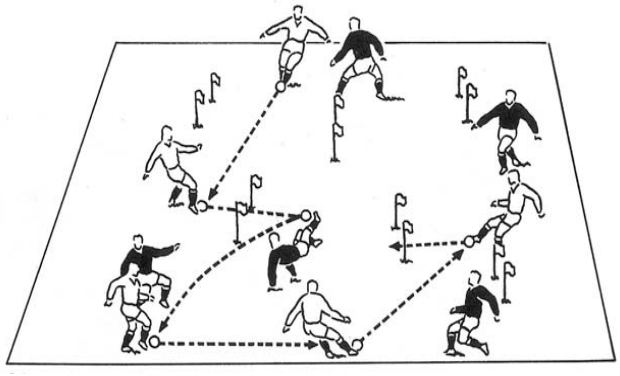
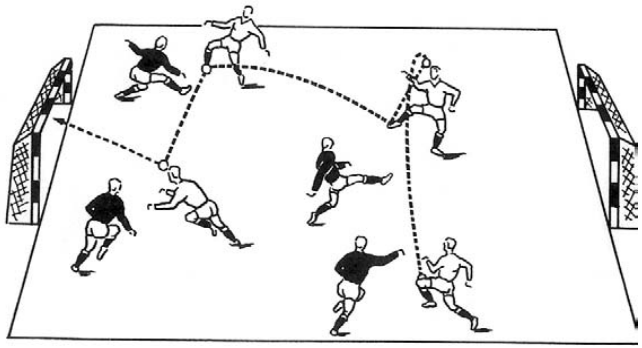
Lesson Plan

Topic: Finishing

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
1 Game with Many Goals			
Two teams of five. Use a 50 x 40 grid with six goals made with either cones or corner flags. Both teams attempt to kick the ball with inside of foot through one of the goals and score, or, if the other team is in possession, to avoid conceding goals.	A goal is scored when the ball crosses the goal line between the flag posts and reaches a member of the same team. A shot passing above the posts does not count. Goals may be scored from either side of the goals. The game carries on without pause after a score. Consecutive scores through the same goal are not allowed.		• Placement of the plant foot • Knees bent • Kicking foot level with the ground • Lock ankle & strike w/the arch of the foot
2 No Bodily Contact			
4 v 4 in a 40 x 25 grid with two hockey size goals. No proper goalkeepers.	One player passing the ball to another starts the game. Each team attacks the opponent's half, trying to score goals. The defending team may not defend in the normal manner. Only the path of the attacker or ball may be blocked.		• Encourage a variety of shooting techniques since there is little pressure from the opponent • Eyes on the ball w/mental focus

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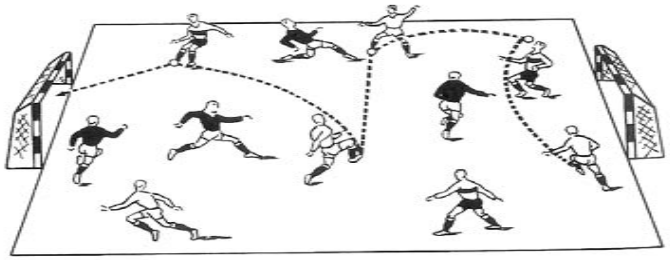
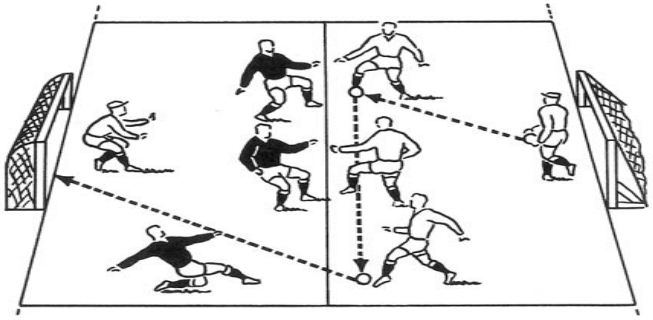
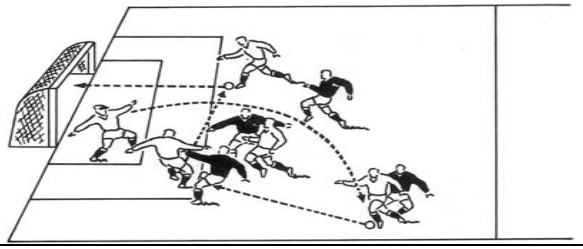
3 Game with three 'Neutrals'			
Two teams of four plus three 'neutral' players in a 40 x 25 grid with two hockey size goals. No proper goalkeepers.	Each team attempts to attack its opponents' half to score goals. The neutral players are always on the side of the attackers to give them numerical superiority. The opposition is awarded the ball after a successful interception.		• Work on shots from combination play – lay-offs, wall passes, dummies, etc.
4 Shooting with Two Goals			
Two teams of 4 to 5 players in a double penalty area space with two normal goals and a centerline marked. Each team must shoot goals from inside its own half. The players in possession try to work themselves into a good shooting position while the opposition tries to block shots.	The goalkeeper begins the game by throwing the ball out to a player in his team. If he is a good position he may shoot immediately. If not, the ball may be passed directly to a teammate. Three passes are the limit. No player may cross the centerline. Balls out of play are kicked in.		• Shooting while shielding • Spinning off a mark & shooting
5 Passing Back to Shoot			
Two teams of four and one neutral goalkeeper on half the pitch with one normal goal. One team attacks trying to score goals, or, having lost the ball, to avoid conceding goals.	The keeper starts the game with an impartially taken goal kick. A goal may be scored only after a pass back out of the penalty area. All players may use the penalty area. Shots from inside the penalty area are penalized by an indirect free kick. No offside, but corners and throw-ins are taken. If the keeper gathers the ball, or if it goes over the goal line, the game is restarted with a goal kick. If a goal is scored, a goal kick is also taken.		• How to draw the keeper & a defender to open up back post for a teammate • Support runs to finish