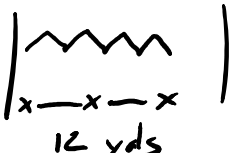
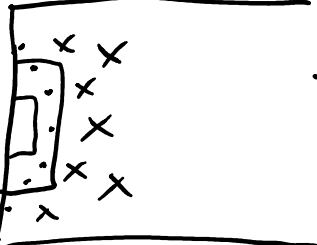
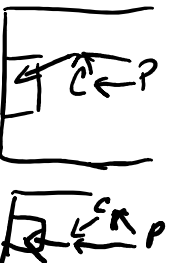


Name: NP United U10 Boys

Topic: Finishing

Technical Training Session

Fundamental (warm-up)	Organization	yKe Coaching Points
<p>Warm-Up Runs Dribble/Defend x 2 Pass/Trap x 2</p>	<p>Warm-Up Runs 12 yds.</p> 	
<p>Match Related Activity Goalkeeper Warm-Up Shooting</p>	 <ul style="list-style-type: none"> - Players dribble & pass until called to shoot - No shots inside the cones - setup a goal & shooting on each end 	<p>When shooting</p> <ul style="list-style-type: none"> - Run thru the ball - Head Down, Chest over the ball - Use laces or instep to strike the ball - lock ankle
<p>Match Related Activity Pass to coach</p>	 <p>Player Passes to coach coach passes wide for a shot</p> <p>Player passes wide, coach passes to middle for a shot</p>	<ul style="list-style-type: none"> - Take a touch before shooting Control the ball - Run through all shots
<p>Game Condition Activity Full Field Scrimmage</p>		<p>Gather all soccer balls and send a new one in anytime the ball goes out. Help keep the game moving trying to create goals. Last 10 min play as normal.</p>