



## Arlington SA Coaching Education-Finishing in Tight Spaces

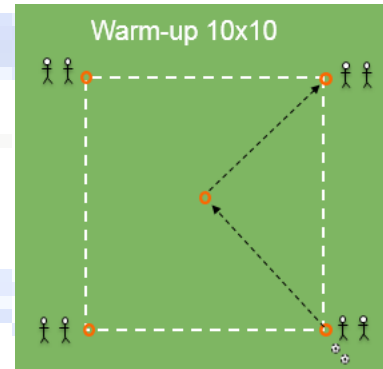
Coach – Grant Smith

Session Group – U12 Boys Legend Red/White

Number of Players – 24

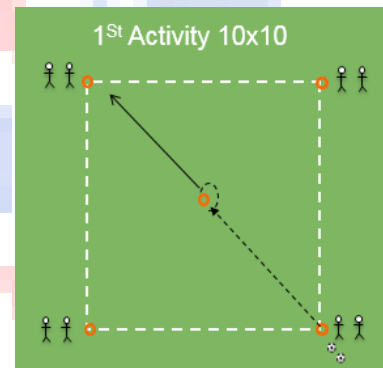
### Warm-Up – 10 minutes

- 10'x10' grid with cone in the middle
- 8 players to a grid – 2 per cone
- Dynamic movement to middle grid return to outside cone on the right – repeat
- Add ball to create dribbling in tight spaces
- Different moves at center cone – small touches to center - big touches to outside cone – accelerate
- Good technique with moves – enforce it!



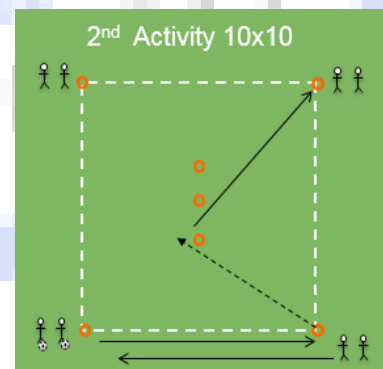
### 1<sup>st</sup> Activity – 15 minutes

- Opposite players dribble to middle cone  
Perform move and pass to opposite line – follow pass
- Other opposite pair complete same sequence
- All players do move to right of cone/then left
- Accelerate in and out of move – strike ball right after
- Laces/inside of foot/outside of foot
- Deception/feints/technique/speed/control



### 2<sup>nd</sup> Activity – 15 minutes

- 10'x10' grid with 3 cones in the middle 1.5 yards apart
- 3 players on diagonally opposite cones – 1 on other cones
- Combination pass with player square to player w/ball
- Run to closest cone, receive pass on ball side of cone
- Quickly change direction and split cone with explosive touch
- Pass to opposite cone/line
- Both groups working at the same time
- Quick feet/agility/change direction/body feint





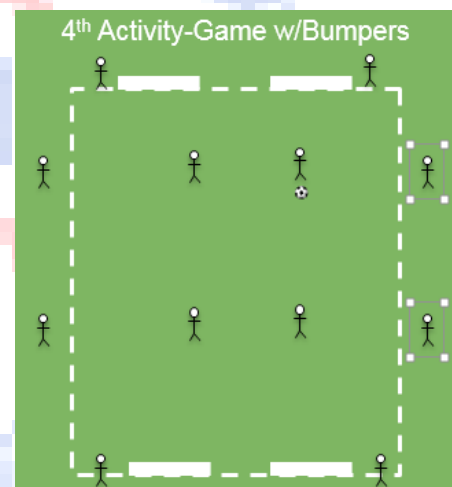
### 3<sup>rd</sup> Activity – 20 minutes

- 30'x22' grid – 8 players per grid
- 1v1 to big goals or Pugg goals
- Defensive players pass to attackers – go defend
- 2 groups at one time
- Attackers try to beat defender for quick shot - rapid
- Create shooting “window”
- Big goals with goalies
- Pugg goals– accuracy/bended balls/power
- Pick out target and finish
- Power/accuracy/ bended/driven/ground/skipping
- Rotate groups between fields/grids
- Move to 2v2 then 3v3
- Balls passed in from coaches on the side to create different looks/situations
- Control ball/feint/body control/vision



### 4<sup>th</sup> Activity – 20 minutes

- Small sided games – 2v2 with bumpers
- 3v3 with bumpers
- 4v4
- Quick movement with ball to create window to shoot



### Coaching Points for Finishing in Tight Spaces

- Quick move and shot – create space the width of the ball to shoot (window)
- Be ready with both feet
- Control ball at speed and under pressure in tight space
- Body control
- Feints to get defender to “freeze”
- React to defenders weight shifting
- Small controlled touches to attack defender – explode to create window to shoot
- Change of direction and pace to create window
- Fake shot to move defender
- Head up to see defender and goalie position – can you see both and pick out you target
- Any surface to get shot off quickly – inside, outside, toe



- Deception by dribbling with foot you will perform the move

#### **Comments to coaching staff**

- Hold players accountable for good dribbling technique
- Make sure the movements are at game speed
- Adjust the grid to challenge but also allow for success
- Make sure they use both feet
- Get head up to pick out target to shoot at – see beyond the defender pressuring you
- Is goalie out of position – can you take advantage
- Too far to one side – too far off line
- Open hips to appear to go to back post and then go near post - deception

