



Beating Your Player and Finishing

Session 6 • One against one • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Laces Grid

0:10 – 0:25 • 15 MIN

1v1 to Goal

0:25 – 0:40 • 15 MIN

Finish the Duel

0:40 – 0:55 • 15 MIN

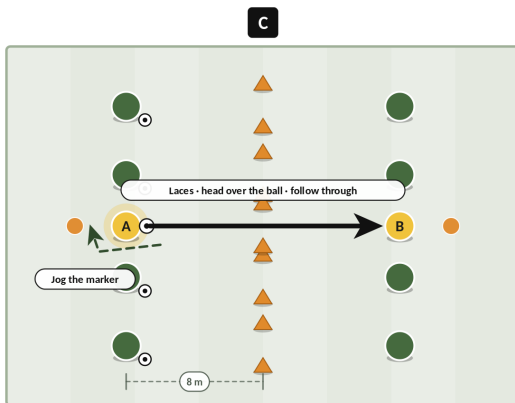
Box Finish Match

0:55 – 1:00 • 5 MIN

Player-led review

6.1 THE LACES GRID

Warm-up • 10 min



STRIKE THROUGH THE MIDDLE OF THE BALL • ALTERNATE FEET EVERY GO

SET UP

- 30 × 21 m area with a line of 2.5 m gates down the middle, spaced 3–4 m apart. One gate per pair.
- Pairs face each other 8 m either side of their gate, one ball between them.

RULES

- Below knee height at all times. A strike that flies over the partner's head doesn't count, however satisfying.
- The ball must pass through the gate, not around it.

COACH IT

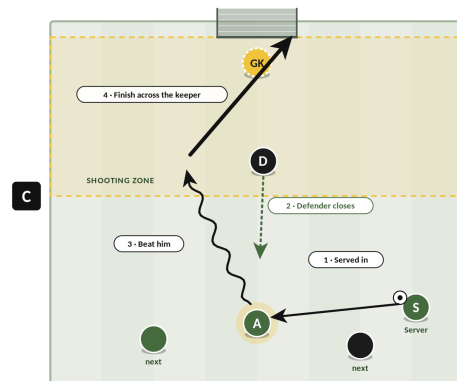
- Technical: Non-kicking foot alongside the ball, pointing at the target. Head down and still through contact — the single biggest cause of a bad strike ...

SAY

- Do not say 'head down'. Say: Watch your foot hit the ball. Tell me which bit of your boot touched ...

6.2 1v1 TO GOAL

Technical practice • 15 min



ROTATION: attacker → defender → server → server → attacking line

SET UP

- One station at each full-size goal — 26 × 22 m, using the goal and the space in front of it.
- A shooting zone marked 10 m from the goal line: shots must be taken from inside it, which stops ...

RULES

- Shots only from inside the shooting zone.
- 1 point for a goal. 2 points if the attacker beat the defender first. 1 point to the defender for winning the ball or forcing the shot from outside ...

COACH IT

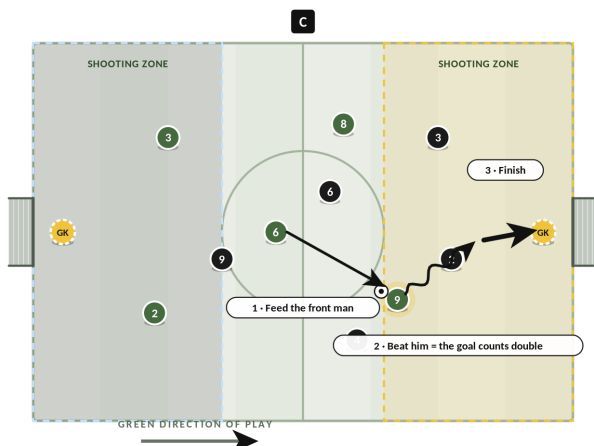
- Technical: Choose early: driven with the laces when the keeper is close and the angle is tight; placed with the inside foot across the keeper when there ...

SAY

- Where was the keeper? Where was the space? Then set a target: Next one, across him.

6.3 FINISH THE DUEL (5 v 5 + GKs)

Skill game • 15 min



SET UP

- One pitch, 40 × 28 m, using both full-size goals with a goalkeeper in each.
- A shooting zone marked 14 m from each goal line — shots only count from inside it.

RULES

- Shots only from inside the shooting zone. A goal from outside doesn't count and play restarts with the keeper.
- Goal = 1. Goal after a duel = 2. Goal scored BY the ...

COACH IT

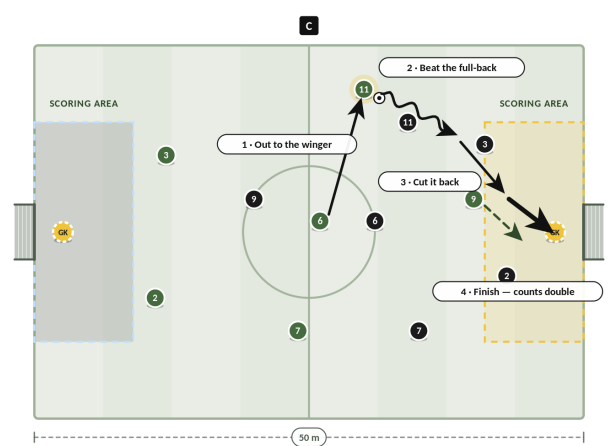
- Technical: Same two finishes as the technical practice, now under fatigue and pressure. First touch out of the feet before the strike. Head ...

SAY

- The rule handles it. One reminder, then let the restarts do the teaching.

6.4 BOX FINISH MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. A 9 × 20 m scoring area marked in front of each goal.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- Goals count only from inside the scoring area.
- Goal = 2 points. Goal after a duel anywhere in the build-up = 4 points.
- No touch restrictions otherwise. This is a match.

COACH IT

- Technical: First-time finishing from cutbacks — get the foot through the ball, keep it down, and accept that the accuracy matters more than the power. Wide ...

SAY

- The single most common U12 attacking fault. One intervention: When he's wide, I want three of you ...