

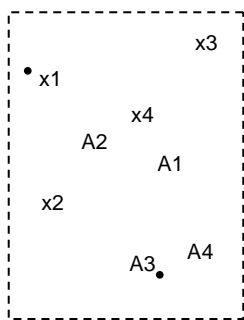
# St. Mary's Youth Soccer Training Series



**Topic:** Finishing  
**Age/Level:** U-12 and up  
**Type:** Run → Pass → Dribble

**Notes:**  
 This session is designed to progress the players through a session that focuses on finishing.  
 Thanks to Dave Rawlinson

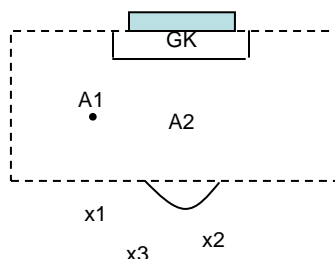
Progression: (Warm-up)  
 Exercise: Hot Potato  
 Time: 15 Minutes



Players pass the ball with their hands as quickly as they can to each other with 2 balls in play. Initially without restrictions, but progress up:

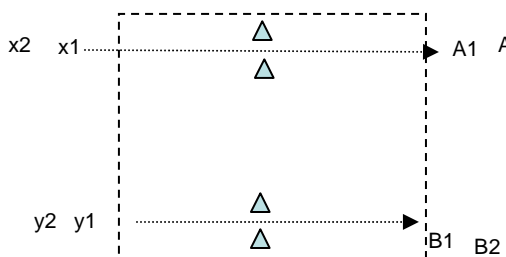
1. X's to X's only and A's to A's only.
2. X's to A's to X's; etc.
3. X's to X's with A's defending.

Progression: 4  
 Exercise: 3v2 on Goal  
 Time: 20 Minutes



Using the same area as Progression 3, have the defense play the ball to the offense, who then attack the goal. Progress by limiting number of touches and introducing a goalkeeper. Emphasize: Body position approaching the ball to minimize number of touches needed to shoot, proper technique, creativity and deception such as with runs to open up space, and anticipation.

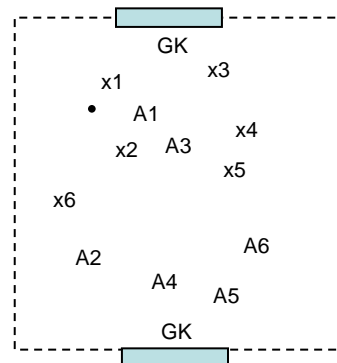
Progression: 2  
 Exercise: Pass and Follow  
 Time: 20 Minutes



X1 passes to A1 and follows the pass. Y1 passes to B1, and so forth. Start with inside of the foot, then laces. Progress by limiting number of touches, having passes played thru target.

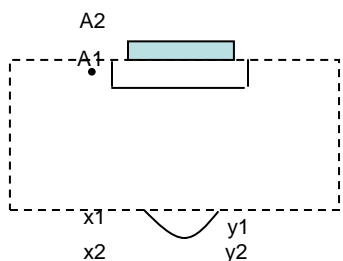
Emphasize: non-kicking foot planted beside the ball and pointing at target, ankle locked, knee and head over the ball, ankle locked, striking ball below or at the equator, look at the target, and eye on the ball. Use both feet.

Progression: 5  
 Exercise: Small Sided game  
 6v6 Game  
 Time: 20 Minutes



In a 40x40 grid, play without restrictions. Emphasize anticipation, quick decision making, proper striking technique, accuracy, creativity and deception, and finishing as a determined mindset to put the ball in the goal.

Progression: 3  
 Exercise: Shooting on Goal  
 Time: 20 Minutes



A1 passes to X1, who shoots far post. A2 passes to Y1, who shoots near post. Pull lines in if too difficult. Add GK and rebounds if ability permits. Rotate groups through. Emphasize low shots, good technique, and finding the target before receiving the ball.