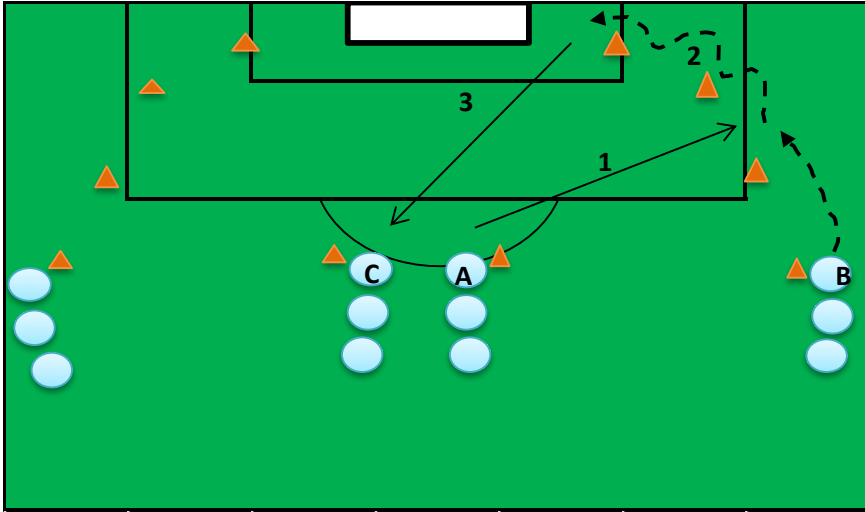




### U12 Girls Finishing

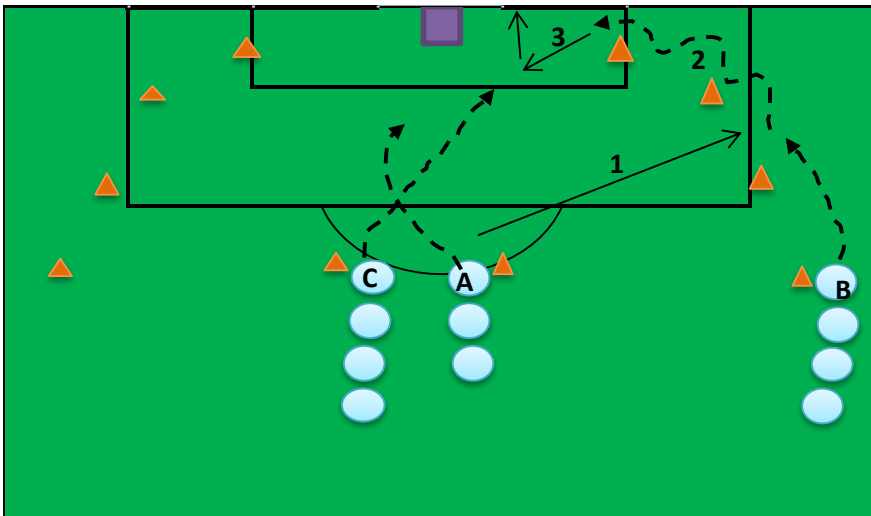


Warm Up Activity: Pattern passes to go end line.

- 1) Player "A" leading pass to player "B"
- 2) Player B dribbles the end line and passes to Player "C"

Both sides are going at the same time; join the line you pass too.

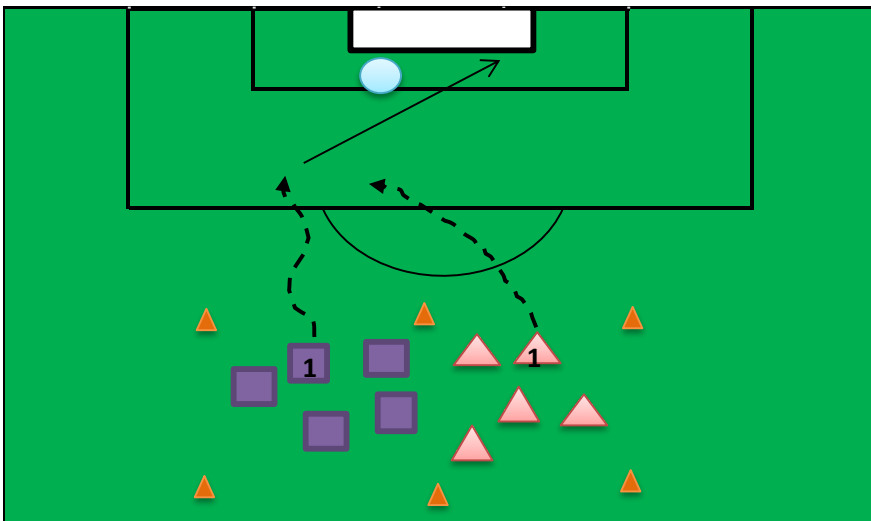
Quality of the passes, surfaces of the foot, preparation touch, and hips turned correctly



Expanded warm up with finishing

- 1) Player "A" leading pass to player "B"
- 2) Player B dribbles the end line and passes to Player "C" or "A"
- 3) Player "C" makes near post run
- 4) Player "A" makes a run to the penalty spot

Using the correct foot and surface, timing of the runs (meet the ball don't get caught watching), one touch finish, placement over power here.



Activity 2 – Numbered attacking

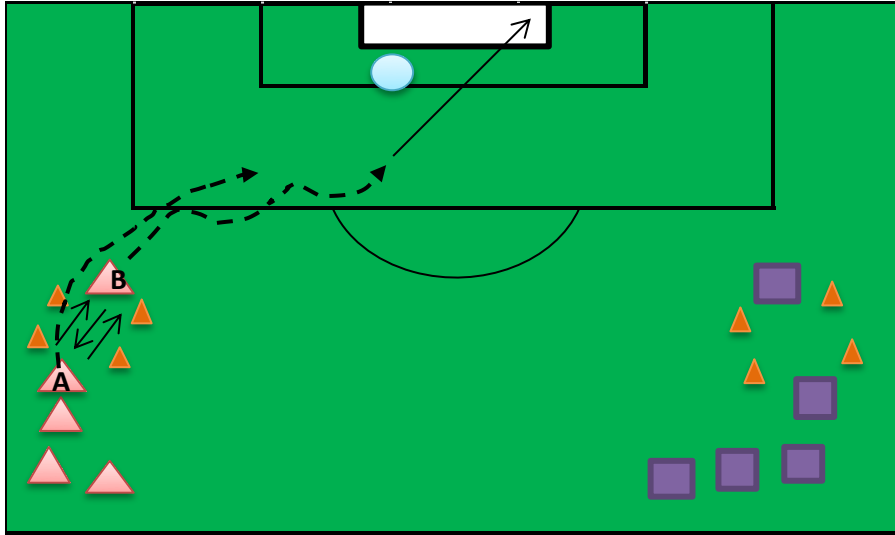
2 teams numbered 1-5 , dribbling in their side of a 10x20yd rectangle.

Coach call a #1 purple attacks first while pink #1 defends

Quality of preparation to create space to shoot, using the correct foot and surface, placement over power here.



## U12 Girls Finishing



Activity 3 – 1v1 from a wide position.

Player A & B are facing one another. A starts by passing to B. B can return the pass or turn and go to goal. A then defends B. Limit passes back and forth to 3.

Quality of preparation to create space to shoot, take a touch across the defender's body, using the correct foot and surface, placement over power here.