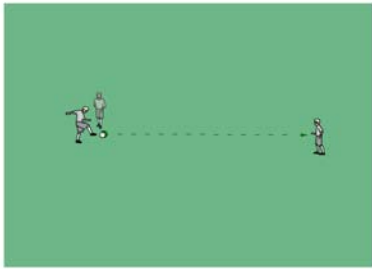

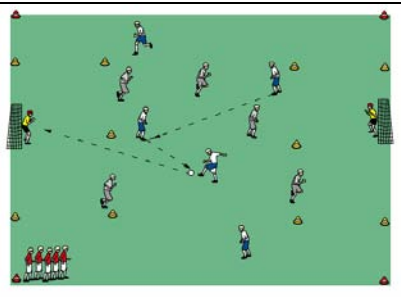


Indiana Youth Soccer

U12 Finishing

<p><b>Warm-Up</b></p> <p>1) <b>Elbow Tag</b>                  2) <b>Individual</b>                  3) <b>Three's</b></p>	<ol style="list-style-type: none"> <li>1) Elbow Tag Game</li> <li>2) Individual-players sit down and strike ball with laces. Give them different challenges</li> <li>3) "Cave" Shooting-Groups of 3. One player has ball in their hand. 2<sup>nd</sup> player stands next to the player with the ball and holds out their arm. The 3<sup>rd</sup> player stands about 10-15 yards in front of the player with the ball. The player with the ball strikes it out of their hands, and then goes under player number 2's arm (cave). When player number 3 receives the ball they catch it and then player number 1 becomes the "cave" while player 3 strikes to player 2.</li> </ol>		<p>"Make a fist with your foot" to help lock your ankle.</p> <p>Strike the ball with the laces</p>
<p>2.</p>			
<p><b>Small Sided Game</b></p> <p><b>"Three Goals"</b></p>	<p>Divide into three different teams of 3-5 players. A player from one team (Team A) will each take a role as goalkeeper in one of the three goals. The other two teams play against each other and try to score in any of the three outside goals. The only rule is they can't score on the same goal until another goal is scored on. Play for a period of time and then switch the teams around. See which team can score the most goals.</p>		<p>-How can you work together? (spreading out, find a teammate)</p> <p>-When one goal is defended</p> <p>What can you do? (go to another goal)</p>
<p>3.</p>			

<p><b>Small Sided Game</b></p> <p><b>“GABOO”</b></p> <p><b>Created by Gary McKinley</b></p>	<p>Three teams of 5-6 players. The letters “GABOO” stand for ground, air, backward (backpass), outside (box), one touch finish. Teams must finish in that order of the letters. The team that scores first gets the letter “G” but they must score on the ground. When a team scores, they go off and the third (“resting”) team comes on. The second goal from the team that scored the first goal must now be one that is scored in the air. The game continues until one team spells “GABOO”.</p>		<p>Due to the variety of ways they have to finish, the questions asked will vary?</p> <p>How can we can score backwards? (Backpass)</p> <p>Players must learn to create the different ways of scoring.</p>
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<p><b>6v6-8v8</b></p>	<p>Play a normal match and observe.</p>	