

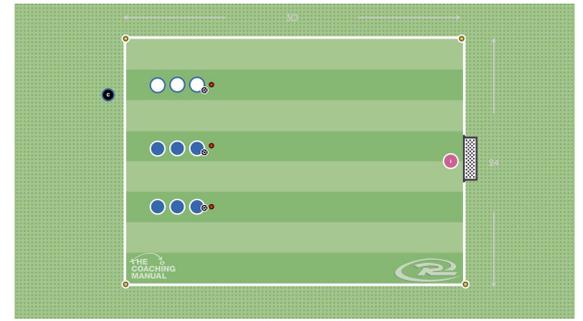
Bantam Division: Finishing 1v0, 1v1, 2v1

Written by Rush Soccer

15 mins 10 players 10 balls 10 bibs 7 cones
30 x 30 area

GAME PHASE & COLLECTIVE ACTION

FINISH: Score goals. Finish Chances



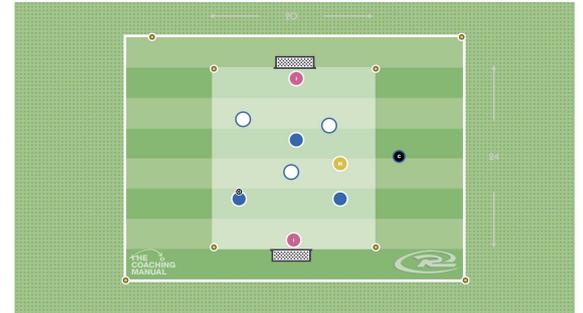
Bantam Division: 3v3 + GKs & 1 Neutral - Opposed Finishing Game

Written by Rush Soccer

25 mins 9 players 9 balls 9 bibs 8 cones
30 x 30 area

ORGANIZATION & DESCRIPTION

Use half of a 7v7 field if available and reduce the width a few yards from each sideline. Keep the activity centered in the middle of the field and place two goals. You can have this set up from before the first activity, so you only need to remove the three cones and you're good to go. This scrimmage follows normal rules except that there is a time constraint of (5 or 7 or 10) seconds to shoot to goal and there is one neutral that always plays for the attacking team. Play in intervals of 4-5 minutes and make short one minute water breaks, in which you can restate some of the guided questions.



Bantam Division: Attacking - Finishing Though A 4v4 + GK's Scrimmage

Written by Rush Soccer

35 mins 10 players 10 balls 10 bibs 8 cones
40 x 30 area

ORGANIZATION & DESCRIPTION

Ideally, if you count on a full 7v7 field, you would want to center this 40 x 30 yards field pushing the goals forward from each end about 10 yards and keeping the width a bit shorter from each sideline (about 5 yards from each one). Alternatively, expand the field from the previous activity making the field longer another 10 yards. No description needed for this one. 5v5 scrimmage playing normal rules of the game. You can add a few conditions for 5 minutes to vary the types of shots or shooting foot but after that remove all conditions and let them play freely. Coach only on the flow and positively, encourage them to apply what they learnt before, and praise when you see it.

