



Session Preview: Create and Finish

Session Link: [Create and Finish](#)

Objective:

Improve players' ability to score goals by creating chances, advancing and keeping the ball through purposeful dribbling, passing, and shooting. Focus on providing vertical and diagonal options to play forward, losing opponents when marked, and making quick decisions to progress play and finish effectively.

Core Principles:

- Break lines to advance and finish the attack.
- Find free players between the lines.
- Drive with the ball to exploit space.
- Take on 1v1 to create or score.
- Finish with accuracy and purpose.

Session Flow:

- Number Passing: Players pass in numerical sequence, progressing from unlimited touches to one-touch. Focus on body shape, movement after passing, and playing with intent.
- 4v4 to 4 Small Goals: Teams score by dribbling or passing through small goals. Encourages purposeful passing, eliminating opponents, and finishing from different ranges.
- 4v4 to 2 Small Goals (with GK): One defender plays as a goalkeeper who can use hands. Builds accuracy, pressure-breaking, control, and decisive finishing.
- 4v4 w/ GKs: Free play with goalkeepers involved in all moments. Reinforces connecting passes, breaking pressure, staying in control, and finishing with intent.

Why Run This Session:

This session gives U10 players repeated opportunities to practice purposeful passing, intelligent dribbling, and confident finishing in progressively game-like scenarios. Players develop awareness of when to combine, when to drive forward, and how to finish quickly and effectively under pressure.