

U11 & U12
For the Love of the
Game Phase



MISSION

“To teach players to reach a level beyond their own expectations by developing soccer intelligence & technical competencies”

CREDO

Person>Player>Team>Club>Family>Community

Dedication-Commitment-Excellence



COACHING PROFILE

*Be enthusiastic,
animated, FUN, and
supportive!*

- Encourage collaboration: a coach can expect his or her players to understand the game and use teammates to help solve problems.
- Be patient with players that are eager to learn; find the appropriate level of challenge to stimulate and not stifle the learning process.
- Help each player develop at their own rate and not compare themselves to other players.
- Understand the different types of questions to engage players.
- Encourage and support playing and development in multiple roles and positions throughout the season.



DEVELOPMENT CYCLE

*Be enthusiastic,
animated, FUN, and
supportive!*

AUGUST '24

Pre season Camps,
clinics, team training (2)
&
Pre Season
Tournaments

SEPTEMBER '24

Team training (2),
optional skills/GK clinic,
Pre Season
Tournaments & League
Play

OCTOBER '24

Team training (2),
optional skills/GK clinic,
League play & Extra
Tournament (optional)

NOVEMBER '24

Team training (2),
optional skills/GK clinic,
&
League play

DECEMBER '24

Off Season

JANUARY '25

Indoor training (1),
Development league
games & optional extra
indoor league

FEBRUARY '25

Indoor training (1),
Development league
games & optional extra
indoor league

MARCH '25

Indoor training (1),
Development league
games & optional extra
indoor league

APRIL '25

Team training (2),
optional skills/GK clinic,
Pre Season
Tournaments & League
Play

MAY '25

Team training (2),
optional skills/GK clinic,
In Season Tournaments,
league play & Tryouts

JUNE '25

Team training (2),
optional skills/GK clinic
& League play

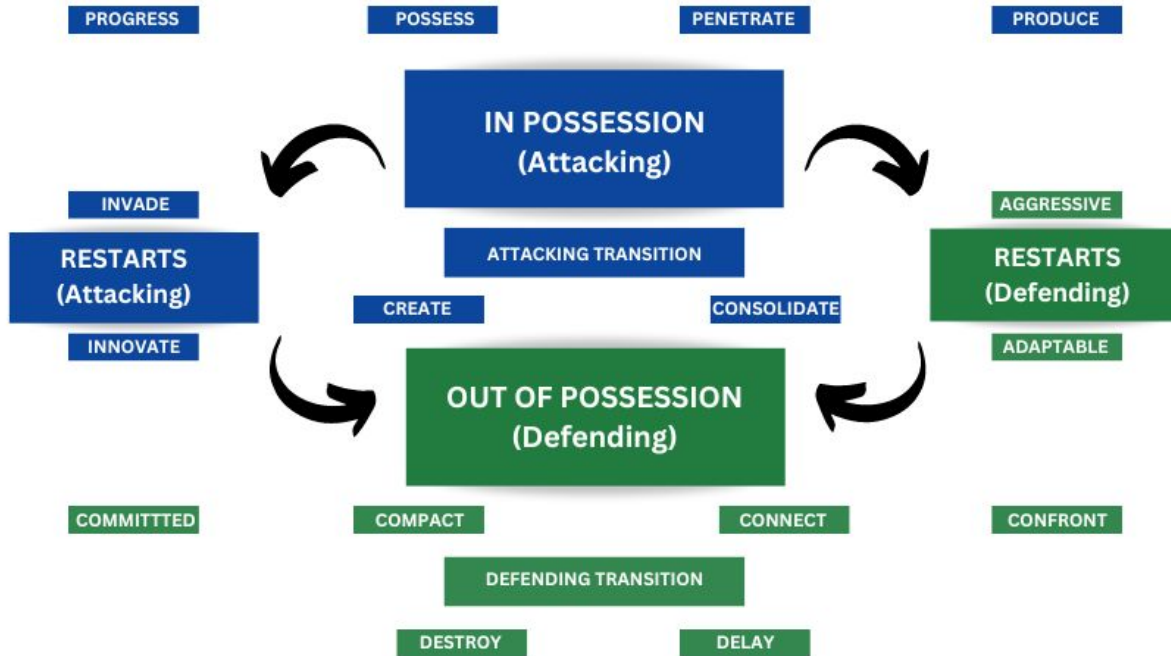
JULY '25

Camps & Clinics,
USA Cup



GAME MODEL

*Be enthusiastic,
animated, FUN, and
supportive!*



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ATTACKING: SCANNING & POSITIONING, RECEIVING, DRIBBLING, QUICK COMBINATION PLAY AND FINISHING

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
BUILD ATTACKING TEAM SHAPE <i>Maximize the space using all players</i>	Players should: <ul style="list-style-type: none">• Understand how to stretch the field vertically and horizontally to create distance between opposition players• Understand positionally where players can move to find space to receive the ball	Players should be: <ul style="list-style-type: none">• Spatially aware of the best areas of the field they can move into to create passing lanes• Able to see one or two teammates to make sure they stay connected (or move away) from to create a balanced team shape
PROVIDING FORWARD OPTIONS <i>Position to receive to play towards the opposition's goal</i>	Players should: <ul style="list-style-type: none">• Provide vertical or diagonal passing options• Overload wide: run past the ball• Move or lose opponent when marked	Players should: <ul style="list-style-type: none">• Scan and move into open space when off the ball, to provide a passing option.• Adjust their body position to receive diagonally, facing the opponent's goal.• Make a penetrating run at the right time to provide a passing option.• Recognize the proximity of an opponent, scans and moves into open space, away from this opponent, to provide a passing option.

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DEFENDING: COMMITTED, COMPACT, CONNECT & CONFRONT

MAIN PRINCIPLES	SUB PRINCIPLES	DEFINITION
<p><i>BUILD DEFENSIVE SHAPE</i> Position to create compact team shape and reduce space</p>	<ul style="list-style-type: none"> ● Make team compact: <ul style="list-style-type: none"> - Position to create a high front line - Position to create high defensive line ● Understand defending distances between players 	<ul style="list-style-type: none"> ● Create a high defensive block and reduce passing options for the opponent on the ball ● Attacking players (re-)position to create a high line of confrontation ● Defenders and goalkeeper stay connected and position high ● Position to block passing lanes, make play predictable and build pressure ● Create relationships -connections between players through spacing and distances: ● Reduce options to penetrate with the ball & Ensure cover, allow for interception
<p><i>APPLY PRESSURE ON THE BALL</i> Create conditions to win the ball or prevent forward play</p>	<p>Players should:</p> <ul style="list-style-type: none"> ● Pressure the Opponent with the ball ● Engage to regain the ball ● Provide Cover: nearest players eliminate passing options ● Prevent the switch: keep opponent on one side 	<ul style="list-style-type: none"> ● The opponent with the ball is under constant pressure to prevent forward play. ● The opponent on the ball will have less time and space to make a decision and execute the next play (force a mistake). ● The player attempts to win the ball back, trying not to get eliminated by dribble, touch or pass. ● The closest teammates of the player initiating pressure, or engaging the player with the ball, prevent options (free teammates) for the opponent on the ball. ● Bring numbers around the ball. ● Keep opponent locked and stop from getting out of the area.

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LEARNING NEEDS & LEARNING ENVIRONMENT

SOCIAL / EMOTIONAL COMPONENTS

Transitioning from a 'safe' and predictable social environment to a new and unpredictable one

Begin growing desire to assert individuality and independence (in relation to their parents)

Very loyal to peer group and are influenced by them

Self-conscious of their abilities and sensitive to what others think of them

Can change emotions quickly- may be overly sensitive and dramatic. Joy, irritation, euphoria and anger alternate at a rapid pace and are much more extreme than with adults.

Anxious about growing up, are learning to handle emotions such as fear, frustration, and rejection and can struggle in restraining their strong emotions

Become vulnerable to peer pressure because they are sensitive to the feelings or impressions of others

Beginning to gain experiences which give them insight into the fact that someone can have a different opinion (empathy is not yet developed)

PHYSICAL COMPONENTS

Growth rate begins to increase due to the onset of the adolescent growth spurt and the beginning of puberty for some (early maturing individuals)

Because of increased growth rate and maturation, players can be more susceptible to injury (overuse vs. acute injury)

Increased physical development through the interaction of exercise and maturation (physical qualities like speed/strength improve because of the interaction between both physical growth and the training environment)

Females enter adolescence and may begin to exhibit early signs of puberty (beginning of adolescent growth spurt for early maturing individuals developing both primary and secondary sexual characteristics)

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PLAYER ACTIONS

ATTACKING

RECEIVING

SHIELDING

RUNNING WITH THE BALL

DRIBBLING

PASSING

SHOOTING & FINISHING

AWARENESS

SUPPORTING POSITION

ADAPTING BODY POSITION

DEFENDING

INTERCEPTING

PRESSING

TACKLING

DELAYING

BLOCKING A SHOT

AWARENESS

ADAPTING BODY POSITION

COVERING

MARKING

RECOMMENDED SYSTEMS

OPTION 1 (1-3-2-3)



OPTION 2 (1-3-3-1-1)



OPTION 3 (1-4-2-2)



WEEKLY RESTARTS

Scenario

Kick off (In-Possession)

Ball initially played back into a Central midfielder and then moving the ball into a wide area. If playing wide, which players are the best option and how do players move after the ball has been played.

Attacking Goal kicks (In-Possession)

Focusing on the positioning of the GK with the ball, the outside defenders in relation to the ball and the build out line, and how to get the ball into the MF third. (around vs through)

Throw-In

Correct technique to throw the ball into play. When to play to a teammates feet vs throwing into space? Tactical ideas on throwing down the line, into midfield or back to defender

Attacking Corners

How best to get the ball into the opposition's penalty area quickly and player positions inside the box to attack the delivery. (Should include a short corner routine of coaches choice & discuss how many players should be kept in defense to manage any counter attack from the opposition).

Scenario

Opposition Kick Off

How does your team set up as soon as the opposition player makes the first pass? Which players press the ball immediately and what positions do other players and the GK take up to ensure your team moves together while staying compact?

Opposition Goal Kick

How does your team set up to press the opposition on their goal kick? What passes are you attempting to cut off while you press? Where do players position themselves? I.e. Forward players are on the build out line, midfielders in line with the top of the circle; full backs on the half way line, GK on top of the box etc

Defending corners

What is the role of each outfield player and the GK for short and long corner routines? How do players mark and who do they mark? Making sure they attempt to clear the ball high and wide away from the goal.

Penalties

*Attacking: How to take a penalty and where do all other players stand?
Defending: Where do you players stand when the opposition is taking a penalty and how do they react when the penalty is taken?
Goalkeeping: Where does the GK position themselves, what are they looking for?*

“

FORMATIONS & RECOMMENDED RESTARTS (Indoor 7v7)

Educate, Motivate & Inspire!



RECOMMENDED SYSTEMS (7v7)

OPTION 1 (1-2-3-1)



OPTION 2 (1-3-2-1)



OPTION 3 (1-3-1-2)





SESSION PLAN STRUCTURE ~ 90 MIN SESSION



FOUR STAGE - SIMPLE > COMPLEX

SIMPLICITY

DIRECTION

COMPETITION

TRANSITION



Interactive Session Plan



14 March 2022

Jamie Martin

Age group:

U10s

Ball Mastery/Moves to beat an opponent #2

90min



Set-up: Two teams, two different coloured gates (2 per side x 3yd) and one central box
 Objective: Players must dribble through the central box (must go out a different side that you come in) and then dribble through a colored goal w/4 changing direction and coming back into the area and repeating. Blue's use Red gates and Orange use Yellow gates
 The aim is to get players used to manipulating the ball with various parts of their feet to dribble, find space, evade team mates and opposing players not to lose possession of the ball.
 Players initially play freely for 1 min. Prog. 1: How many gates can they get through in 1 min. Prog 2. Beat past score. Prog 3 Add teams score. Prog 4. Beat opposing teams score and your last score.



Set-up: Two areas 20x15 with 3-4 players per team (4 team)
 Objective: Def (Orange) pass to Blue (Att). The blue scores by dribbling through one of the two Red gates. If the Orange wins possession, they must counter attack and dribble through the yellow gates.
 Teams play for 2 min, add ind scores and change roles. (Teams play a different group for a second game)
 Duration: 8-10min
 Coaching points: Att's should use different moves, changes of direction and speed to unbalance and get passed the Def to score.



In this activity, we are now trying to give the players an understanding of where we can use these attacking moves by using the final third dimensions on the field.
 Set-up: To progress from above, we now add a 2nd attacker to create a 2v1 in each area.
 Objective: The two outside areas have goals off set toward the inside of the channel. The aim here is for the def to force them away from goal as they would do in a game, but the Att. must attempt to cut back inside to score. (In the middle lane, the goal is central).
 If the def wins possession, they can score by passing through the single gate. The Att's, must score by dribbling through their gate
 Teams play for 2 min and rotate roles. After the 4 min game, they then choose to play a new team in a new area. (Teams play in all 3 areas)



For our final game (Duration 20 min), teams play with all players within the session.
 In this instance, I have used 10 players to play 5v5. The GK is also a sweeper Keeper, and is encouraged to play as high as possible when in possession. The #5 is then encouraged to push into MF and become more of a #8 to help support the #5.
 Regular laws of the game and restarts apply and both teams play to a large goal.
 If one team has to use a full size goal and the opponent uses a goal with cones, or sticks, play two halves and change side so all players can defense and attack the full goal.

Stage ONE activities should start with a one player: one ball ratio and have an emphasis on technical repetition to allow players to spend maximum time in possession of the ball. (Duration: 6-8 min / 2 activities)

Players should be required to make small decisions such as changing direction and / or speed to various stimuli. I.e Passive/limited pressure Defenders, multiple scoring objectives etc

Stage TWO should incorporate competition and full pressure within fast paced small-sided activities using one to three players per team and various scoring objectives. (Duration: 10-15 min per activity / 1-2 activities, with 2-3 progressions)

I.e. One team attempting to score by dribbling or passing through one or two gates or scoring against a GK. (Both teams must have scoring objectives)

(All shooting & finishing sessions MUST include a GK for realistic scoring scenarios)

Stage THREE activities should build on the concepts outlined in stage two by adding additional numbers to both teams, utilizing the lines on the field and using players from at least two lines of play & where the outcome always builds to and away from the main goal. (Duration: 20-25 min)

Example: Topic: Individual Attacking: Moves to beat a Defender.

Area of the field - wide right / left channels

Players: Choice of wide midfielder (#7/11), central midfielders (#8) and forwards (#9) vs full backs (#2 / 3, central midfielders (#6/8) and central defenders (#5) = 3 v 2 or 3 v 3

The final stage (FOUR) setup should involve players from all THREE lines of play, both teams attacking a large goal and using FIFA game day rules. (Duration: 20-30 min)

Coaches should use this portion of the training session to evaluate how well the players have understood and can implement the key learning objectives identified throughout the session.

(Check for learning at all times using individual and group guided questions)



THREE STAGE - PLAY>PRACTICE>PLAY

SIMPLICITY

DIRECTION

COMPETITION

TRANSITION



Interactive Session Plan



Coach Session date Team/Age Group

Theme Time available

NOTES	
	<p>PLAY- The practice starts with our 3 x 4 min 55G's COREACTIVITY- Diamond passing pattern with progressions 2 & 3 (12 min)</p> <p>Activity 1 (illustrated): 3 x 3 + 2 - 4 min games and rotate teams and / or players (15-18 min) Scoring: 2 points for dribbling and 1 point for passing through the goal Players are encouraged to Use less than three touches when in possession. Find a way to play forward as often as possible. Move to create space for self and or others and the correct time, angles and distances. Utilize numbers up situation to unbalance the oppositions team to play through or around. Maintain an expansive team shape at all times when "in" possession</p>
	<p>Enter session notes here</p> <p>Practice 1- The team in possession has a 7 v 3 numerical advantage to allow more options for the 1st attacker. (15min duration) Set-up: 35 x 30 yard area - Teams play for 90 sec and rotate the three central players. (Two full rotations. Players then play 3 min games where they replace a target that they pass to. Objective: 1 point per 5 - 10 passes (dependent on age and ability level).</p> <p>Coaching points: Positional understanding - Knowledge of space, defenders, attackers, targets and sidelines at all times Ability to receive with an open body position (see pass #1) to change direction of ball Know when to play the way you face based on body position being closed and/or pressure behind Incorporate basic 1-2 to 3 man combinations.</p>
	<p>PRACTICE PROGRESSION - Teams play 4 v 4 + 2 with direction Set-up game dimensions as above. - Players play for 2-3 min and rotate. (15 min) Players aim to get the ball from one target to the other without turning over possession. Coaching points: Players are asked to not allow check toward the ball, especially if that will close the space available to the 1st attacker (and also bring another Def onto the ball) Players are asked to know aim to take 1 or 2 touches unless they need to create space on the dribble first. Outside players have 3 sec to release the ball or a turnover is called. Team shape is key to maintain as many passing angles as possible (Diamond at all times)</p>
	<p>Play - Set-up: 3/4 of field Def: 1-3-2 vs. Att: 2-3 (Based on 9 v 9 field dimensions) - 30 min Objective: Blue's attempt to play with pace and purpose to create goal scoring chances from playing through, over and around the opposition. (12 min duration) Coaching points: Knowing when to open up vs. play the way you face. #7 & #11 maintaining max. width at all times when Blue's have possession Use #9 as a target player as opposed to running in behind Know when to possess vs penetrate - Do not force passes that are not on, but know when and where to take a chance to play forward. Progression: 2 x 7 min halves with two full size goals. (Add White #9, Blue GK and Blue #5)</p>

Stage ONE activities should start with a deliberate small sided game/s. Players can be divided into 2v2 to 5v5 and also use a variety of scoring objectives such as a full goal (with GK), small target goals, channels/end zones or gates. Players should play for a designated time 3-5 min and then swap opponents. (Duration: Approx 15 min)

Within this format, players should have the freedom just to play, but the coach should also use this time to paint pictures of moments in the games where the specific topic of the session is likely to come out. This will provide the players with a frame of reference for the stage two activities and finally build back into the Stage 3 game phase. (It is recommended that these "pictures" should be created in between games as teams rotate and NOT interrupting the play itself).

Stage TWO should incorporate the topic within a functional setting. I.e. If working on **Individual Attacking: Moves to beat a Defender**, the practice area/s should be set up in the wide channels on BOTH sides of the field. Attacking players should be able to beat their defender both outside and inside, to make the activity realistic to the game. (Defenders should also be to win possession and counter attack down the line or centrally to simulate a #7 or #11 playing against a #2 or #3)

Practices should be built from simple to complex, so I would recommend two phases of your Stage 2. The aim is to build onto the players directly involved at the start. I.e. For the attacking team, the #7 or 11 may also have a striker (#9) and a central midfielder to combine with and the team may end up breaking through the wide channel and then crossing to score in the main goal, combining with the striker for the striker to score centrally.
The full back (#2 or 3) may also have a covering CD (#4 or 5) as well as a Central Midfielder (#8) and a GK.

This allows players to get the best "picture" possible of the topic, in the correct area of the field and with the relevant players who are likely to be involved in the specific scenario. (Duration: 20 min per activity x 2 activities or progression)

The final stage (THREE) setup should involve players from all THREE lines of play, both teams attacking a large goal (with GK) and using FIFA game day rules. (Duration: 30-35 min)

Coaches should use this portion of the training session to evaluate how well the players have understood and can implement the key learning objectives identified throughout the session.

(Check for learning at all times using individual and group guided questions)



FCLC PLAYER PROFILES

Goalkeeper #1

Technical Capable Of:

- Making a variety of shot stopping techniques to save shots from inside and outside the penalty area
- Quality in possession of the ball to receive back passes and distribute accurately from the ground
- Effective distribution out of hands to throw short, medium or long
- Fast and appropriate reactions / hand eye coordination through crowds.



- Good flexibility and agility to make a variety of saves from high, medium and low deliveries.
- Explosiveness to jump and claim crosses/shots, and to sprint to collect overpowered through balls behind defensive line
- Power and upper body strength to jump into a crowd of bodies and take possession of the ball

Psychosocial Essential Mindset:

- Constant concentration: Stay involved and focused at all times
- Fast decision making: assertive in coming off the line. "Make decision and commit to action".
- Courage: confident in situations where physical contact may be required
- Accept that mistakes will be made. Immediate re-focus

Tactical Understanding When:

- Offer support from behind the ball to help maintain possession.
- How to dominate the penalty area - collecting or punching crosses
- To initiate a fast counter attack vs. slowing down the speed of play to allow team mates to get into an expansive shape

Physical Must Possess:

- Good flexibility and agility to make a variety of saves from high, medium and low deliveries.
- Explosiveness to jump and claim crosses/shots, and to sprint to collect overpowered through balls behind defensive line
- Power and upper body strength to jump into a crowd of bodies and take possession of the ball

Full Backs #2 & #3

Technical Capable Of:

- Penetrating forward runs – dribbling into space or at an opponent
- A variety of passing techniques to: combine, possess and to cross from the midfield and attacking thirds.
- Dominating 1 v 1 situations (aerially and on the ground)



- Endurance for high intensity running up and down wide area of field
- Acceleration to make recovery runs or to go beyond opponents in an attack
- Balance and coordination while moving backwards in 1v1 situations

Psychosocial Essential Mindset:

- A willingness to run without reward
- Never say die; chase lost causes and make impossible recovery runs
- Attacking intent; drive forward with a purpose.
- Game management: when to go forward and when to stay (situational specific)

Tactical Understanding When:

- To support play from behind, or in advance of the ball, i.e. overlap or underlap.
- To provide cover and balance to the central defenders

Physical Must Possess:

- Endurance for high intensity running up and down wide area of field
- Acceleration to make recovery runs or to go beyond opponents in an attack
- Balance and coordination while moving backwards in 1v1 situations

Center Defenders #4 & #5

Technical Capable Of:

- Dominating 1v1s (aerially/ground)
- Complete range of passing with both feet to break the first line of pressure, long diagonals to switch the field quickly and to play across back line
- Bringing the ball out of the back and into midfield
- Technique to block shots/crosses and to take free kicks



- Endurance (Center Backs rarely substituted during game)
- Speed and agility to react to the movements of strikers (or forward players)
- Strength and Power to dominate the 1 v 1 situation (aerially and on the ground)

Psychosocial Essential Mindset:

- Effective communicator
- Leadership (has the ability to see the whole field)
- Concentration for entire game

Tactical Understanding When:

- When to drop & when to step and where the danger is likely to come from.
- Implementation of Man for Man Zonal Marking
- To use the GK to help maintain possession and play out of the defensive third

Physical Must Possess:

- Endurance (Center Backs rarely substituted during game)
- Speed and agility to react to the movements of strikers (or forward players)
- Strength and Power to dominate the 1 v 1 situation (aerially and on the ground)

Center Midfielders #6 & #8

Technical Capable Of:

- Unlocking defenses using a varied range of passing with both feet
- Powerful and incisive finishing
- Winning aerial battles
- Receiving the ball under pressure and maintaining possession by using a variety of forms to out manoeuvre opponents



- A high aerobic capacity to cover the width and length of the pitch for an entire game
- Power and agility to turn quickly and accelerate away from chasing defenders
- Good upper body strength to win challenges and hold off attackers when under pressure.

Psychosocial Essential Mindset:

- Bravery in possession; want the ball time and time again
- Enforce our style on the opposition; control possession and dictate tempo
- Composure; accept that mistakes will be made. Immediate re-focus
- Communication: Motivate and inspire players in all areas

Tactical Understanding When:

- To initiate patient possession and when to counter attack at pace
- To screen opposition forwards and when to press aggressively
- To play with a two-man or three-man midfield system

Physical Must Possess:

- A high aerobic capacity to cover the width and length of the pitch for an entire game
- Power and agility to turn quickly and accelerate away from chasing defenders
- Good upper body strength to win challenges and hold off attackers when under pressure.

Wingers #7 & #11

Technical Capable Of:

- A wide variety of 1 v 1 moves (fakes, feints and turns) to unbalance an opponent
- Consistency to deliver crosses from wide areas; driven, lofted, curled and cut backs
- Accurate penetrative passes from central areas and one-touch combination play
- Finishing from wide angles



- Speed and acceleration to confront and beat a defender
- Balance and coordination to negotiate limited spaces
- Power and agility to change direction at top speed
- An ability to play Inverted (Opposite sides)

Psychosocial Essential Mindset:

- Creative instinct
- Confidence to attack an opponent in 1 v 1 or even 1 v 2 situations
- Understand the importance of defending and knowing when to track back and assist in doubling up

Tactical Understanding When:

- To move into a central position and when to maintain width
- To stay part of a compact unit and when to step out and press
- To read cues and reactions in transition

Physical Must Possess:

- Speed and acceleration to confront and beat a defender
- Balance and coordination to negotiate limited spaces
- Power and agility to change direction at top speed
- An ability to play Inverted (Opposite sides)

Attacking Midfield #10

Technical Capable Of:

- Intelligent first touches to create space where none exists
- Extremely accurate defense splitting passes
- Creative impulses to create shooting opportunities in and around the penalty area
- One touch link up play to ensure a fast tempo



- Agility and quickness to match decision making speed
- Speed endurance to allow "well timed" third man runs beyond the #9
- Balance and strength to hold off defenders attempt to win possession when facing goal and with back to goal

Psychosocial Essential Mindset:

- Intelligence, gullie and enthusiasm to create chances for self and others
- Persistence and belief in own ability to be effective in creating chances

Tactical Understanding When:

- To consistently make runs to create space for self or team mates
- To play between the lines and receive the ball in a variety of pressurized situations
- To aggressively press and when to drop into a compact shape

Physical Must Possess:

- Agility and quickness to match decision making speed
- Speed endurance to allow "well timed" third man runs beyond the #9
- Balance and strength to hold off defenders attempt to win possession when facing goal and with back to goal

Center Forward #9

Technical Capable Of:

- Creating goal scoring opportunities for team mates using set accurate passing and one touch passing
- Maintain possession when under pressure or dribbling in 1 v 1 or tuckers down situations
- Accurate finishing from all areas
- Willingness to shoot with power and accuracy from outside the penalty area



- Strength and power to pressure central defenders (aerially and on the ground)
- Speed and accelerating to make explosive runs in behind the defensive unit
- Balance and coordination to allow accurate finishing during goal scoring chances

Psychosocial Essential Mindset:

- Composure; calm, collected and clinical in front of goal
- A determined attitude to be the first to the ball in and around the box
- Pose a constant threat, to ensure opposing defenders can never rest

Tactical Understanding When:

- To stretch the opposition (making runs in behind) and when to drop deep to link play
- To press the center backs and when to make play predictable and keep them playing to one side of the field
- Needed to play as a lone striker or as two strikers and how the roles can adapt

Physical Must Possess:

- Strength and power to pressure central defenders (aerially and on the ground)
- Speed and accelerating to make explosive runs in behind the defensive unit
- Balance and coordination to allow accurate finishing during goal scoring chances

[Click here to see all profiles in more detail](#)