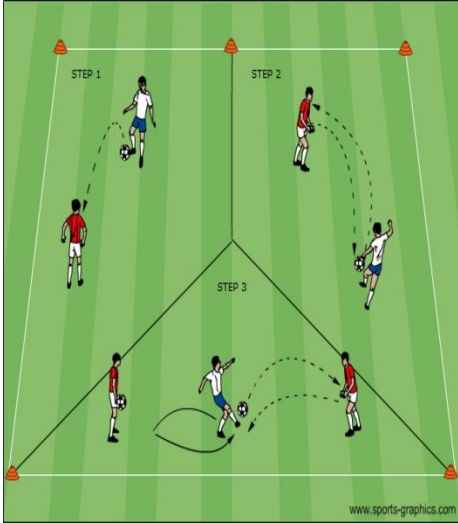
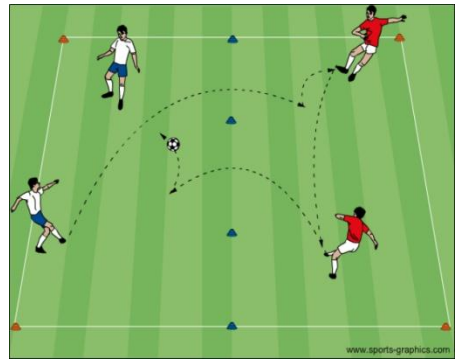
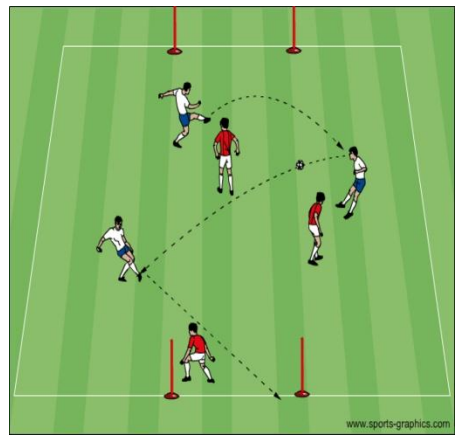


Topic: Striking Volleys

Objective: To improve the players technique of striking volleys

Technical Warm up	Organization	Coaching Pts.
	<u>Introduction to Striking Volleys:</u> Groups of two players with a ball Step 1: Players will self-serve the soccer ball and strike the ball to his/her partner who will catch the soccer ball and repeat the action Step 2: One partner serves to the other. The serve is knee high and underhanded Step 3: In 3's. One player moves and volleys and the other two serve the ball. Switch players after a few services. All technical exercises will: - Let ball bounce and volley - Not let the ball bounce and volley <i>Players will try to volley the ball with the right and the left foot.</i>	- Keep eyes open and focused on the ball - Use arms for balance Inside of the foot - Bring the knee up to the side and get the toe up, heel down and ankle locked - The foot should make contact through the middle of the ball - The plant foot will help the player aim for the target, keeping the head and shoulders straight. Instep - Knee higher than the ball - Lock ankle and point toe down for instep (laces) volley Time: 15 minutes
Small Sided Game	Organization	Coaching Pts.
	<u>2v2 Soccer Tennis:</u> Play 2v2 in a 10x15 yard grid. A player starts off with a ball and serves it with a volley over a line or net in the middle of the area. The ball can bounce once, to return the ball to the other side both players must have a touch and the ball can bounce again then must be returned. A point is won on a bad serve or when one team fails to return the ball. Coach: Play 5 minute games. Players can use inside or instep volleys.	- Do not let the ball strike you - Strike the ball on the upper half of the ball to drive it down; the middle of the ball to drive it level; the lower half of the ball to drive it up - Lock ankle and turn toe up for inside of the foot volley; players should lock ankle and point toe down for instep (laces) volley Time: 15 minutes
Exp. Small Sided Game	Organization	Coaching Pts.
	<u>3v3/4v4 Headers and Volleys:</u> Organize players into teams of 3 or 4 players. Set up a 25 yard x 30 yard rectangular field with goals centrally located at each end. The team in possession passes the ball by volleying to his/her teammate and catching it. The only way to score is by volleying the ball to goal. Players can only take a maximum of 3 steps with the ball; then they must pass the ball to a teammate. Goals can only be scored by one touch volley into the goal for 5 points or heading the soccer ball for 3 points. If the soccer ball bounces more than twice, possession goes to the other team	- Use inside of the foot volley to pass to a teammate - Use Instep volley for power to score and for a distance pass, clearance away from goal or cross to goal Time: 20 minutes
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	All of the above Time: 30 minutes
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	