



Week 7- Combination Play and Shooting 1

Category: Technical: Shooting

Difficulty: Moderate

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

Guiding Questions:

- How do you know when to place or strike with power?
- When do you strike the ball?
- Where should you look before you strike the ball?

Common Language:

- Strike
- Placement
- power

Technical Warm Up (10 mins)

Set Up

In partners

One ball per two

Instructions

Players show on one side of the cone, perform the shooting technique then backpedal around to the other side of the cone and perform the shooting technique on the other side. Players go back and forth 10 times each side before switching and they each go two times per technique.

Techniques:

- 1) Inside of the foot technique- 2 touch
- 2) Inside of the foot technique- 1 touch
- 3) Inside the foot volley out of the air
- 4) Laces volley
- 5) Laces volley outside of hips



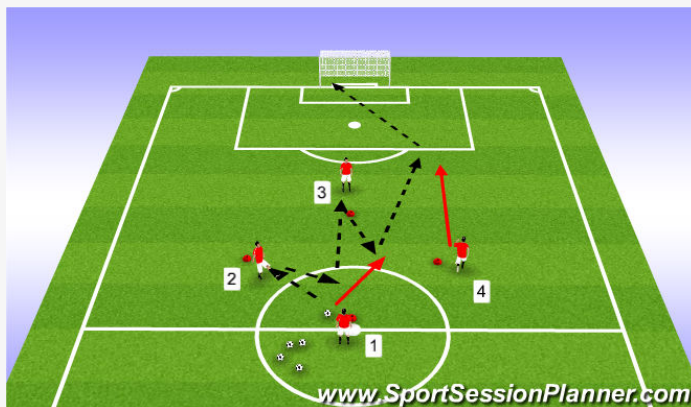
Pattern 1 (15 mins)

Passing Pattern to shoot.

1 passes to 2 who returns the pass. 1 then plays in to 3. 3 returns the pass to 1 who slips in 4 on goal.

Coaching Points:

- Accurate passes
- Receive on back foot
- Come off the cone
- Power vs Placement
- Striking Technique



Learning Objectives

	Technical Player will understand how to strike a ball for power or how to place a ball
	Tactical Player will understand when and how quickly the need to shoot.

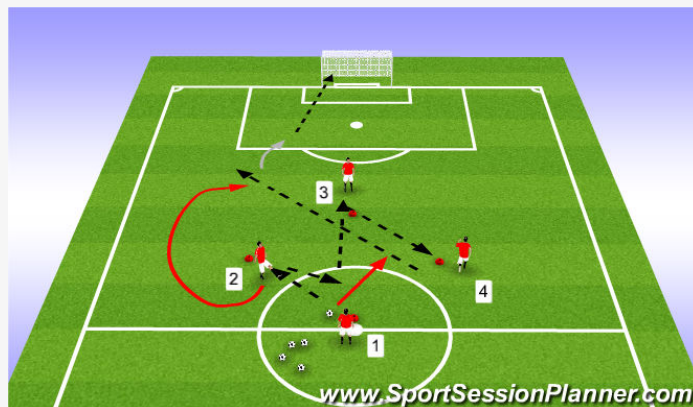
Pattern 2 (15 mins)

Pattern 2

1 Passes to 2 and has a pass returned. 2 then loops around and starts a third man run. 1 plays 3 who moves the ball to 4. 4 plays a diagonal into the path of the running 2. 2 goes to goal and strikes.

CPs:

- Accurate passes
- Receive on back foot
- Come off the cone
- Power vs Placement
- Striking Technique
- Timing of Run



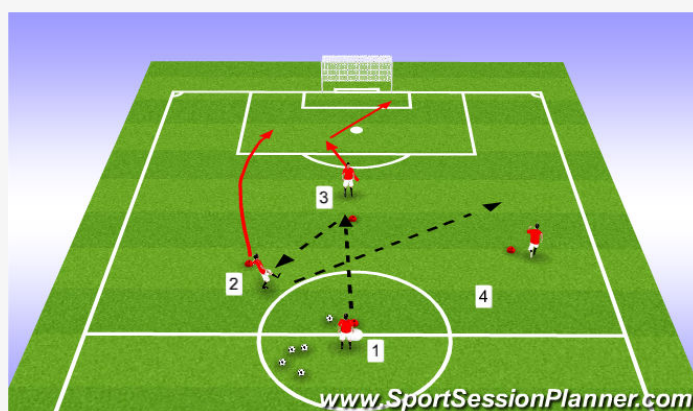
Pattern 3 (15 mins)

Pattern 3

1 passes to 3, 3 lays off to 2, 2 plays the ball wide to 4 who dribbles to the endline and crosses the ball to player 2 and 3 making a run in the box.

Coaching Points

- Timing of run by player 4 to stay onside
- Clean and crisp combination play to get the ball wide
- Timing of runs by players 3 and 4
- One player needs to check away toward the back post and make a run to the near post for a cross that is hit short
- One player can make a curved run toward the back post and a little higher towards the top of the box



3v2 (20 mins)

Set Up

35x30

Defendign group is in two lines off each post

Attacking goup is in two lines on the opposite end and one line about half way off to the side.

Instructions

Defenders play a ball out to the attacking group and it's a 3v2 to goal. We want that highest attacking player to stay high and act as a target so we can try to combine through him/her to score.

Coaching Points:

- Combinations we can use to break down the defense (the combination patterns we just learned)
- If the ball gets wide, making a run in the box either near post or far post
- Power vs Placement on the shot
- Striking Technique

