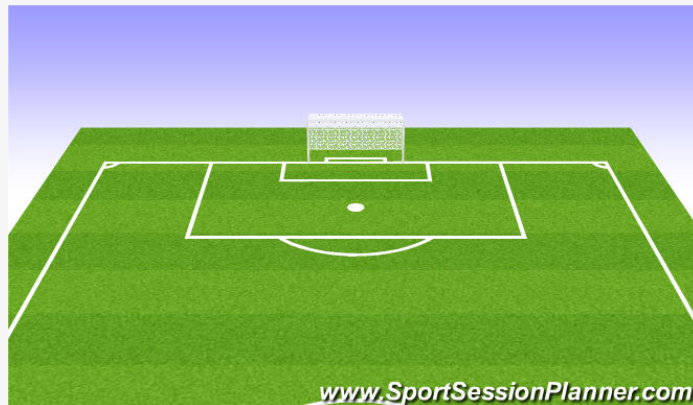




## Description

### Warm Up

Please have players go through a warm up to get their muscles ready for a session involving a lot of shooting. A pre-game warm up with dynamic stretching would be great. Only needs to be 5-10 minutes.



### Shooting Technique

#### Set Up

Each player has a ball

#### Instructions

Players sit on the ground with one leg flat on the ground and one knee bent. With their ball they will drop it and pop the ball back up to their hands with proper laces technique of toe down, ankle locked, using their laces and snapping from the knee. Do 20 on the right then switch to the left. Catch the ball each time. If technique is correct there should be no spin on the ball when they pop the ball back up to their hands. If there is a lot of backspin that means their toe is flexed up and technique is incorrect.

#### Progression

1. From a standing position players bounce the ball then use laces technique to pop the ball back up to their hands. Same technique as before and looking for no spin on the ball. Still catching the ball each time. 20 reps per foot

2. Now see how many consecutive times players can use their laces with one bounce off the turf between each rep. ex. bounce, laces, bounce, laces, bounce, laces= 3 times

3. Now make it a ladder where they start at one and increase the number without a bounce each time. If you mess up, start over. ex. bounce, laces, bounces, laces, laces, bounce, laces, laces, laces= Got to level 3

For each of these make sure players are using both feet.



### Shooting Placement (20 mins)

#### Set Up

See Diagram, one cone 3 yards off each post

#### Instructions

Have players set up into 2 teams. One team is dispersed among the three lines and the other team is helping collect balls. Players attacking move between lines and play a 2 minute round then switch with the players collecting soccer balls. Players should use inside of the foot technique to place the ball between the post and the cone at either the near post or far post. If the ball is scored in that space their team gets a point.

#### Coaching Points

1. Use the inside of your foot to place the ball into the corner
2. Open up hips when going far post
3. Where should your touch be to set up your shot?



## Shooting Races

### Set Up

2, 10x10 squares about 25 yards out from the goal. One cone 3 yards from either side of the post

### Instructions

Split into 2 teams. In each box give players a number 1-6 or however many players are in the box. Players dribble around in the square and when the coach yells a number those two players race to take a shot from inside the penalty box. If they score their team gets 1 point. If they score between the cone and the post their team gets 2 points. If both players score, the player that shot first gets the points.

Play games to 15.

### Coaching Points

1. Shooting technique for power(laces)
2. Shooting technique for placement(inside of foot)



## Power/Finesse (20 mins)

### Set Up

Split into 2 teams

One team should be at cone 1

The other team is collecting balls

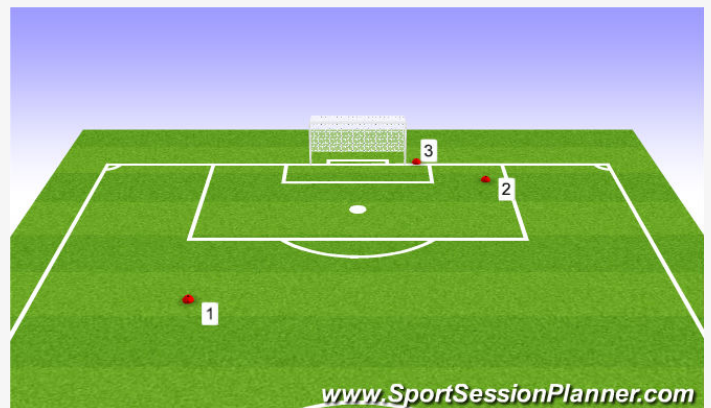
Coaches are playing a ball from cone 2 and 3

### Instructions

Players have 2 touches to receive a ball from the coach at cone 1 to score. After they shoot the coach at cone 2 plays a ball out for the same player to finish closer to goal using the inside of their foot. After 3 minutes switch so the second team is shooting and the first team is collecting balls. After two rounds per team switch to the other side so players have to use their left foot.

### Coaching Points

1. Laces for the first shot, inside of the foot for the second shot
2. Toe up, ankle locked for inside of the foot
3. Toe down, ankle locked for laces technique
4. Head should be down not looking to see if the ball went in the net



## Volleys

### Set Up

One cone for all players 10 yards out from the top of the penalty area

### Instructions

Players face toward the goal and a ball is tossed over their head. At this point players can take a touch or shoot first time. Feel free to change the angle of the cone to take shots at different angles. Also change the angle of the player. ie player faces the coach, player faces away from the coach, player starts sitting down. player starts with eyes closed.

### Coaching points

1. Take a touch to get the ball on the ground and strike the ball using your laces
2. If shooting first time, use laces technique and it is imperative that the knee is higher than the ball so the ball isn't sent straight up into the air.
3. Follow through on all shots
4. Head down instead of looking to see where the ball went

