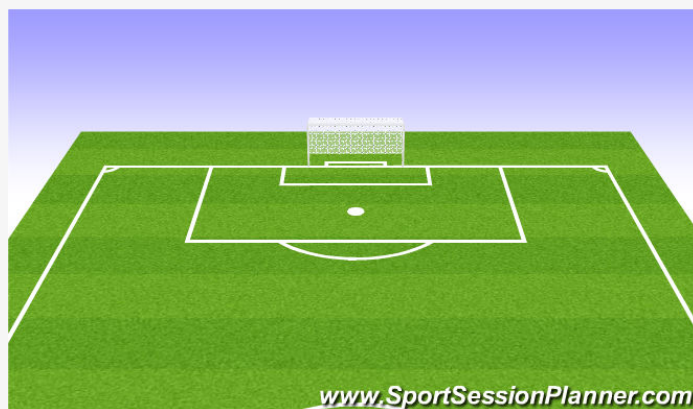




Description

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?



Team Trains Goalkeeper (20 mins)

Team Trains Goalkeeper

Set Up

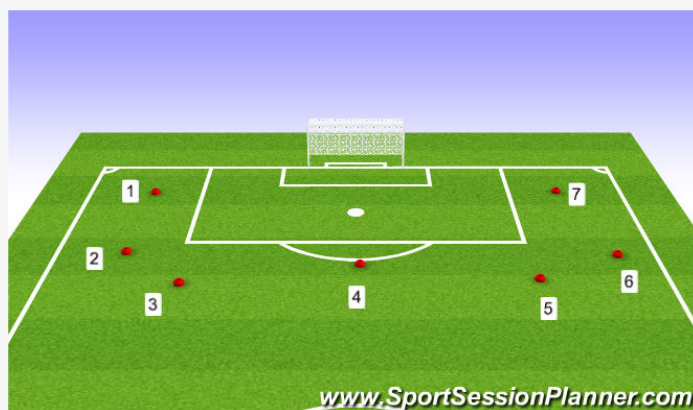
- 1 and 7 = halfway between sideline and penalty box
- 2 and 6 = same as 1 and 7 but 10 yards up
- 3 and 5 = 5 yards up from the corner of the penalty box
- 4 = 2 yards up from the penalty box

Instructions

Coaches call out numbers. When it is #1 or 7's turn numbers 3, 4, and 5 should make a run in the box to get on the end of a cross. These runners need to frame the goal with a near post, far post, and PK spot run. When the coach calls 2, 3, 4, 5, or 6 players should take one touch out of their feet and take a shot. After 5 minutes have players find a different cone

Coaching points

1. Proper set up touch for a shot
2. Using laces technique to drive the ball
 - plant foot pointed at the target
 - head down, toe down, ankle locked
3. NO TOE BALLS!
4. If players are struggling to hit the target tell them to aim for the middle of the goal. Often times players are their own worst enemy by trying to be too precise. Tell them to aim for the middle of the goal and they just might end up hitting the corners.



Power/Finesse (20 mins)

Set Up

Split into 2 teams

Player 2 and 3 should be diagonal from player 1. Two players from each team on cone 2 and 3, the rest at cone 1.

Instructions

Players at cone 1 have 2 touches to receive a ball from their teammate at cone 3 to score. After they shoot, the player at cone 2 plays a ball out for the same player that just shot to finish closer to goal using the inside of their foot. Teams alternate turns. The rotation should be from 1 to 2 and 2 to 3 and 3 to 1.

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

Play a 5 minute game where every goal counts as 1 and if the ball goes over the net it's minus 3. Play series of 3 or 5.



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

