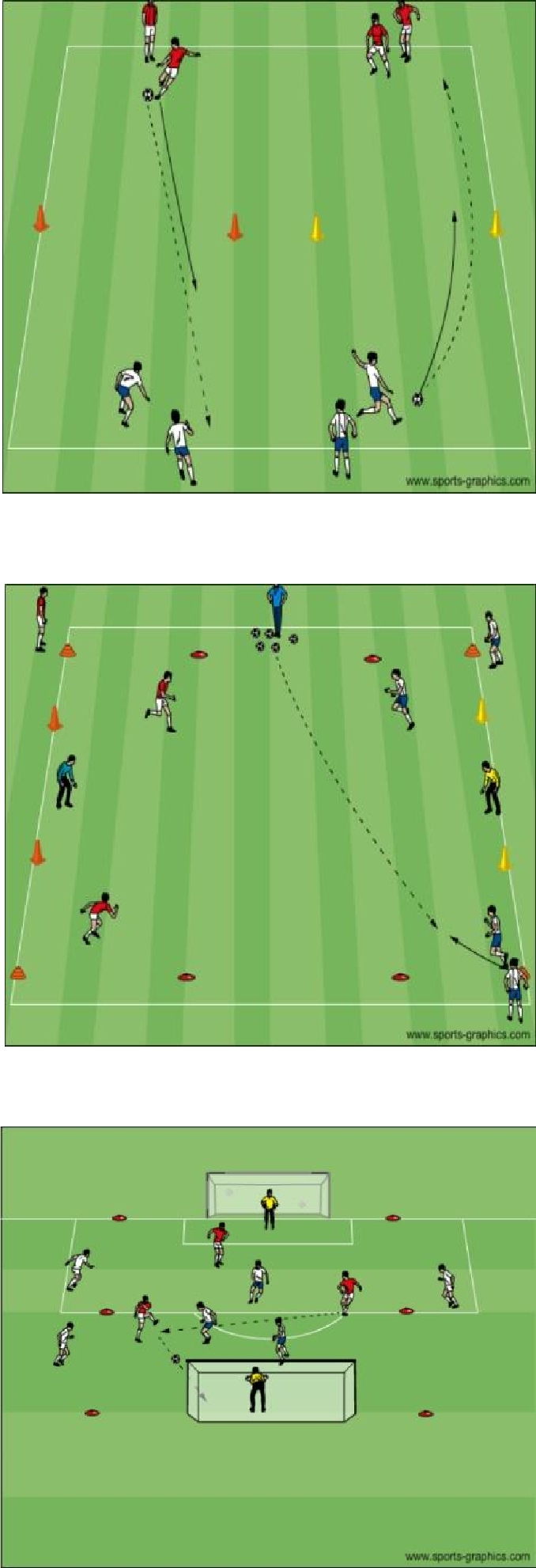
**Topic: Shooting**

**Objective: To improve the technique of shooting with the**

**inside and instep of both feet**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Technical Warm up** |  |  |  | **Organization** | | |  | **Coaching Pts.** | | | |  |  |
|  |  |  |  |  |  |  |  |  Body position and balance | | | | |  |
|  |  |  |  |  |  |  |  |  Eye on the ball at moment of | | | | |  |
|  | **Shooting Though the Cones (15 min):** | | | | | | | contact |  |  |  |  |  |
|  | Arrange players in 4 lines with a ball | | | | | | |  Strike ball with ankle locked | | | | |  |
|  | between them about 20-30 yards apart | | | | | | | and hard bone on top of foot | | | | |  |
|  | from | each | | other. | Place | two | cones |  Non-kicking foot | | directed at | | |  |
|  |  |  |  |  |  |  |  |  |
|  | representing a goal between each group | | | | | | | target |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |
|  | about | 6 | yards apart. Players shoot the | | | | |  Strike the center | | of | the ball | |  |
|  |  |  |  |  |  |  |  |  |
|  | ball and follow their shot to the opposite | | | | | | | and follow through | | | towards | |  |
|  |  |  |  |  |  |  |  |  |
|  | side. |  |  |  |  |  |  | target | landing on | | shooting | |  |
|  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | foot |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | **Time: *10 minutes*** | | | |  |
| **Small Sided Game** |  |  |  | **Organization** | | |  | **Coaching Pts.** | | | |  |  |
|  | **4 Corner Shooting (15 min):** | | | | | |  |  Proper | technique | and | | body |  |
|  | Two teams playing 2v2 with GK | | | | | | | control |  |  |  |  |  |
|  |  | |  | | | |  |  Placement vs. power | | |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  | Coach | |  | | |  | |  Quality preparation touch | | | | |  |
|  |  |  |  |  |  |  |  |  |
|  | begins | | the | play from the | | sideline by | |  Proper | selection | of | contact | |  |
|  | serving a ball to player in any corner. | | | | | | |  |
|  | surface |  |  |  |  |  |
|  | Players try to score on their opponent’s | | | | | | |  |  |  |  |  |
|  |  Timing | and | shape | | of |  |
|  | goal. Play continues until ball is out of | | | | | | |  |
|  | attacking runs | |  |  |  |  |
|  | bounds | | or | a goal | is scored. | | Players |  |  |  |  |
|  |  Creativity and deception | | | |  |  |
|  | return to their corners. (Rotate GK). | | | | | | |  |  |
|  |  Combination Play | |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  | **Time: *15 minutes*** | | | |  |
| **Exp. Small Sided Game** |  |  |  | **Organization** | | |  | **Coaching Pts.** | | | |  |  |
|  | **2v2 Plus Team on Deck (15 min):** | | | | | | |  Proper | technique | and | | body |  |
|  | Two goals set up about 25-30 | | | | | | |  |
|  | control |  |  |  |  |  |
|  | yards | apart. | | Team | is divided | | into 3 |  |  |  |  |  |
|  |  Placement vs. power | | |  |  |  |
|  | groups. Two teams compete to score a | | | | | | |  |  |  |
|  |  Quality preparation touch | | | | |  |
|  | goal. The team that scores defends that | | | | | | |  |
|  |  Proper | selection | of | contact | |  |
|  | goal. The team on deck comes onto the | | | | | | |  |
|  | surface |  |  |  |  |  |
|  | field to defend quickly while the scored | | | | | | |  |  |  |  |  |
|  |  Timing | and | shape | | of |  |
|  | on team quickly leaves the playing field. | | | | | | |  |
|  | attacking runs | |  |  |  |  |
|  | This game teaches teams to go to goal | | | | | | |  |  |  |  |
|  |  Creativity and deception | | | |  |  |
|  | with pace and to take chances quickly. | | | | | | |  |  |
|  |  | **Time: *15minutes*** | | | |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | | |  |  | | | |  |  |
| **Game** |  |  |  | **Organization** | | |  | **Coaching Pts.** | | | |  |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team | | | | | | |  All of the above | |  |  |  |  |
| Next to you | | | | |  |  |  | **Time: *20 minutes*** | | | |  |
|  |  |  |  |  |
|  |  | | | | | | |  | | | | |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **.** | | | | | | | | | | | |  |



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