**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: *15 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: *20 minutes*** |  |
|  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
| **Game** |  |  |  | **Organization** |  | **Coaching Pts.** |  |  |
| **3v3 or 4v4** | 3v3 in your area or 4v4 against the team  |  All of the above |  |  |  |  |
| Next to you |  |  |  | **Time: *30 minutes*** |  |
|  |  |  |  |  |
|  |  |  |  |
| **COOL DOWN** | Activities to reduce heart rate**,** static stretching & review session **–** **Time 10 min.** |  |



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