**Topic: Shooting II**

**Objective: To improve the technique of players to strike a moving ball to goal with the instep and the inside of the foot**

|  |  |  |  |  |  |  |  |
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| **Technical Warm up** |  |  | **Organization** |  | **Coaching Pts.** |  |  |
|  |  |  |  |  Body position and balance |  |
|  |  |  |  |  Eye on the ball at moment of |  |
|  | **Numbered Shooting:** |  | contact |  |  |  |  |
|  | Two goals with GK’s set up about 40 |  Strike ball with ankle locked |  |
|  |  |  |  |  |
|  | yards apart. | Each player with a number |  | and hard bone on top of foot |  |
|  |  |  |  |  |  |
|  | is | dribbling | in defined area between |  Non-kicking foot directed at |  |
|  |  |  |  |  |
|  | goals. When coach calls a number, that |  | target |  |  |  |  |
|  |  |  |  |  |  |  |  |  |
|  | player dribbles out of area and shoots on |  Strike the center of the ball |  |
|  | the goal. Shots should be taken about 10- |  |
|  |  | and follow | through | towards |  |
|  |  |  |  |  |  |
|  | 12 yards out. |  |  | target lending on | shooting |  |
|  |  |  |  |  |  |
|  |  |  |  |  | foot |  |  |  |  |
|  |  |  |  |  Shooting technique of a moving |  |
|  |  |  |  |  | ball |  |  |  |  |
|  |  |  |  |  | **Time: *15 minutes*** |  |
| **Small Sided Game** |  |  | **Organization** |  | **Coaching Pts.** |  |  |
|  | **Popcorn (15 min):** |  | Proper | technique | of |  |
|  |  | shooting | with the | instep |  |
|  | Two goals with GK’s set up about 40 |  |  |
|  |  | and the inside of the foot |  |
|  | yards apart. Players will be able to |  |  |
|  |  | Placement vs. power |  |  |
|  | compete individually against each other |  |  |
|  |  | Quality preparation touch |  |
|  | or in teams of 2. Coach will pass a ball; |  |
|  |  | Finishing rebounds |  |  |  |
|  | player(s) who obtain possession of the |  |  |  |
|  |  |  |  |  |  |  |
|  | ball may score in either goal. First player |  |  |  |  |  |  |
|  | (team) that reaches five goals wins. |  |  |  |  |  |  |
|  |  |  |  |  | **Time: *15 minutes*** |  |
| **Exp. Small Sided Game** |  |  | **Organization** |  | **Coaching Pts.** |  |  |
|  | **Blank Out Finishing Game:** |  | Placement vs. power |  |  |
|  |  | Quality preparation touch |  |
|  | Two goals set up about 40 |  |
|  |  | Finishing rebounds |  |  |  |
|  | yards apart. Team is divided in two |  |  |  |
|  |  |  |  |  |  |  |
|  | equal sides. All goals are worth 1 point |  |  |  |  |  |  |
|  | with exception of a one touch goal. Once |  |  |  |  |  |  |
|  | the one touch goal is scored, that team |  |  |  |  |  |  |
|  | **“blanks out”** all the points of the |  |  |  |  |  |  |
|  | opponent. |  |  |  |  |  |  |  |
|  |  |  |  |  | **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.** |  |

