**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.** | | | | | | |  |

