Week 3 - Club Training (Shooting)

| Description | Organization | Coaching Points |
| :---: | :---: | :---: |
| WARMUP (20 min) |  |  |
| (a) Players hit a still ball. |  | Kick hard <br> Keep ankle and foot stiff <br> Follow through towards Coach. |
| (b) Players hit a ball rolling towards them. |  | Lean forward - chest towards ball - keep low <br> Follow through towards Coach. |
| (\%.) Players dribble towards coach then shoot. |  | Keep the ball close when dribbling. <br> Pick head up before kicking the ball |
| TECH SKILL adding pressure ( 20 min ) |  |  |
| 5-7 players in each line ... everybody has a ball <br> 1. Coach in middle - opp dribble at same time (1\&4) when they are done shooting (2\&3) go - rotate ( $1 \& 3$ yellow.... $2 \& 4$ red) (1) goes to end of line (3) \& (3) goes at the end of line (1) stay w color. <br> 2. Pass to coach who will pass out to side, drib, shoot <br> 3. (1) dribbles \& (2) defends. (4) dribbles (3) defends let dribbler get a headstart *** shooting nite ${ }^{* * *}$ just rushing player with the ball. | 1 GK 2 Divide players evenly <br> field 20 yds $\times 20$ yds <br> three players behind ea GK <br>  Coach   <br> 3 GK 4  | same as above <br> Avoid using toe if possible <br> Try to miss the GK if possible <br> Have fun... shooting is the best night of all |
| GAME LIKE CONDITIONS ( 20 min ) |  |  |
| 1v1v1 <br> Players divide into 3 different colors and play against each other 1v2 for whoever has the ball. Play 5 balls - score on either goal. Players circle field and take throw-ins for restarts. | 11 players - if have 12 put a neutral bib on (OFF 4 v 3 ) 40 yds long x 30 yds wide... xtra balls in the corner nets | 1v1v1 (or 1v2) can score on either goal <br> Don't give up... win the ball.. And shoot! <br> After shot, quickly find the next ball |
| 3 v 3 with 2 teams playing with 1 sourrounding field acting like bumpers for the team on offense. 2 touch restriction for players on outside not playing Games up to 3 - then rotate winning team stays. |  | Find chance to shoot <br> Work hard to get ball into the opening for shot |

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| Drive balls on ground - using $R$ and $L$ feet Between cones - striking ball (from angle/straight on) <br> Closer range - volley from a toss (inside/laces) <br> Closer range - $1 / 2$ volley from a toss (inside/laces) | 1 ball for 2 players. Players 20 yds apart Cones 5 yds apart between players <br> 1. | Lean over ball to keep low <br> Proper placement of non-kicking foot <br> Drive through the ball w/ follow-thru to target <br> Knees bent, ankle locked, toe down <br> Deal with 1st touch as well - prep for striking ball |
| TECH SKILL adding pressure ( 20 min ) |  |  |
| Players behind the goal to get missed shots (switch after 3 shots) - Encourage shooting R \& L foot. <br> Players on each goal post 15 yds from goal <br> (a) dribble thru cones - shoot change lines put restrictions on dribble $R$ only or L only <br> (b) balls with (1). (1) -> (2), (1) overlaps (2) <br> (2) touches to inside to create space for overlap (2)->(1). - switch lines after shot <br> (c) 1st in each line move 5yds closer turn back to GK receive a pass, do stepover (turn) and shoot switch lines-(2) shoot w/ L; (1) shoot w/R <br> (d) same as c but after (1) shoots - (1) turns \& plays DEF on (2) and so on | 12 players in a group <br> (a) | same as above |
| GAME LIKE CONDITIONS ( 20 min ) |  |  |
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| 3 k 3 with 2 teams playing with 1 sourrounding field acting like bumpers for the team on offense. 2 touch restriction for players on outside not playing Games up to 3 - then rotate winning team stays. | $\left.y \quad \begin{array}{ll}b & b \\ G K\end{array}\right]$ | Make move to get a clear alley to shoot <br> Aim for corners <br> If get breakaway - shoot while GK is moving to you |

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| TECH SKILL adding pressure ( 20 min ) |  |  |
| Balls at (1) \& (3). (1)->(2) runs towards center (2)->(1) after shot (3)->(4) runs (4)->(3) for shot (1\&2; 3\&4 rotate) shooting w R foot <br> Switch sides so (1\&3) start on right side of GK same drill shooting $w L$ foot Progression - add DEF (1v1) <br> (1) $->(2)->(1)$ and (4) comes in on DEF (1V1) <br> (1) $->(2) \mathrm{w}(3)$ on DEF as ball is played from (1)->(2) <br> Progression-2v1; 2v2 |  GK $\quad 1$ Divide players evenly <br> field 40 yds $\times 25$ yds <br> three players behind ea GK <br> 4  2 | Focus on the prep touches prior to shot <br> Be sure to keep speed of dribble \& ball in control <br> Find the GK - see if he's challenging the shot or not <br> Shoot for coners, bending ball when possible |
| GAME LIKE CONDITIONS ( 20 min ) |  |  |
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