Description	Organization	Coaching Points
WARMUP (20 min)		
(a) Players hit a still ball.	(a) o. o. o. o. o. o. o. Coach (4) Coach (4)	Kick hard Keep ankle and foot stiff Follow through towards Coach.
(b) Players hit a ball rolling towards them.	(b) Coach (4 Coach (4) 0 0 0 0 0 0	Lean forward - chest towards ball - keep low Follow through towards Coach.
(c.) Players dribble towards coach then shoot.	(c.) Coach (4 Coach (4)	Keep the ball close when dribbling. Pick head up before kicking the ball
TECH SKILL adding pressure (20 min)		
 7 players in each line everybody has a ball 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. Pass to coach who will pass out to side, drib, shoot (1) dribbles & (2) defends. (4) dribbles (3) defends let dribbler get a headstart *** shooting nite *** 	1 GK 2 Divide players evenly field 20 yds x 20 yds three players behind ea GK Coach	same as above Avoid using toe if possible Try to miss the GK if possible Have fun shooting is the best night of all
just rushing player with the ball. GAME LIKE CONDITIONS (20 min)		
1v1v1 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 4v3) 40 yds long x 30 yds wide xtra balls in the corner nets GK y O O O	1v1v1 (or 1v2) can score on either goal Don't give up win the ball And shoot! After shot, quickly find the next ball
3v3 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.	b b b y GK	Find chance to shoot 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) Closer range - volley from a toss (inside/laces) 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 1. 2	Lean over ball to keep low Proper placement of non-kicking foot Drive through the ball w/ follow-thru to target Knees bent, ankle locked, toe down 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. Players on each goal post 15 yds from goal (a) dribble thru cones - shoot change lines put restrictions on dribble R only or L only (b) balls with (1). (1) -> (2), (1) overlaps (2) (2) touches to inside to create space for overlap (2)->(1) switch lines after shot (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 (d) same as c but after (1) shoots - (1) turns & plays DEF on (2) and so on	12 players in a group (a)	same as above
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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.	y GK	Aim for corners 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 Switch sides so (1&3) start on right side of GK same drill shooting w L foot Progression - add DEF (1v1) (1)->(2)->(1) and (4) comes in on DEF (1v1) (1)->(2) w (3) on DEF as ball is played from (1)->(2) Progression - 2v1; 2v2	GK 1 Divide players evenly field 40 yds x 25 yds three players behind ea GK 2 3 GK	Focus on the prep touches prior to shot Be sure to keep speed of dribble & ball in control Find the GK - see if he's challenging the shot or not Shoot for coners, bending ball when possible
GAME LIKE CONDITIONS (20 min)		
 1v1v1 Players divide into 3 different colors and play against each other 1v2 for whoever has the ball. Play 5 balls - score on either goal. 4v4 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. 	40 yds long x 30 yds wide xtra balls in the corner nets GK y o o o o b b b b y GK	same as above - good shooting principles Make move to get a clear alley to shoot Aim for corners If get breakaway - shoot while GK is moving to you

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