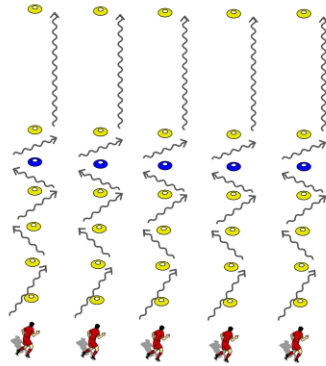




OBJECTIVES- Ball Striking/Shooting



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TECHNICAL WARM-UP Grid Size: 20x30 Duration: 15 Mins

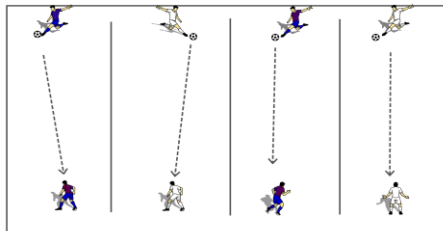
French Dribbling

Groups of 3-5 players max in each line, cones 1 yd apart
Player A dribbles thru cones using different parts of feet.
When Player A gets to blue cone Player B can proceed
Once past the last cones he should speed dribble and perform a turn and return to the end of the line.

Progression: After turn he can pass to the player at the back of the line

COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.
Lots of small touches.



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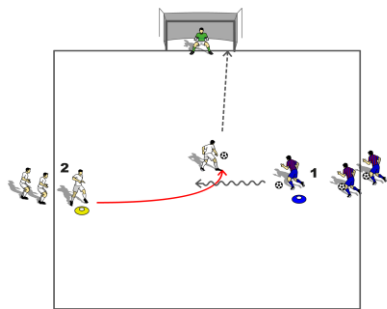
ACTIVITY 1 Ball Striking Grid Size: 5x20 Duration: 15 Mins

Ball striking with the laces: 1-The ball starts in players hands. Lean over the ball and drop the ball and strike it with the laces before it hits the ground. 2-Ball striking on the ground: Try to strike the ball into your partners hands.

First team to catch 5 balls in their hands wins. Play 3-4 games of each

COACHING POINTS / KEY CONCEPTS

Toe down thru bottom of shoe, plant foot facing partner, chest and knee over the ball. Try to land on kicking foot
Head down



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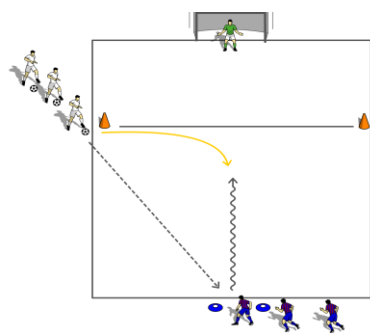
ACTIVITY 2 Shooting Game Grid Size: 20x30 Duration: 15 Mins

Split group into even teams. Player 1 dribbles to player 2 and steps on the ball stopping it completely. Player 2 takes the ball with a good first touch towards the goal and shoots with the laces.

Each player shoots 4 times, count # of goals. Switch positions with other team. Losers chase balls

COACHING POINTS / KEY CONCEPTS

Ankle locked, Plant foot facing Target, head/chest over ball
Try to land on shooting foot



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ACTIVITY 3 1v1 shooting Grid Size: 20x30 Duration: 15 Mins

Defenders start with ball and pass to offensive player. Offensive player tries to beat defensive and shoot before the line (approx 10-12 yards from goal). Players switch everytime.

COACHING POINTS / KEY CONCEPTS

Good first touch, try to perform one of the moves we have been practicing (Scissor, Lunge, etc)