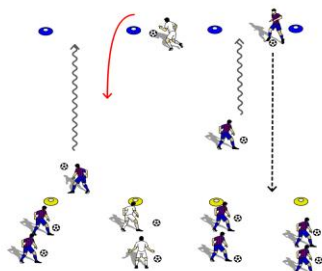




OBJECTIVES- Ball Striking and Shooting



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

French Dribbling

Groups of 2-3 players max in each line, cones 10 yd apart
Player A dribbles to blue cone using different parts of feet.
Once to the blue cone he should perform a turn and speed dribble and return to the end of the line.
When Player A gets back to start Player B can proceed
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.



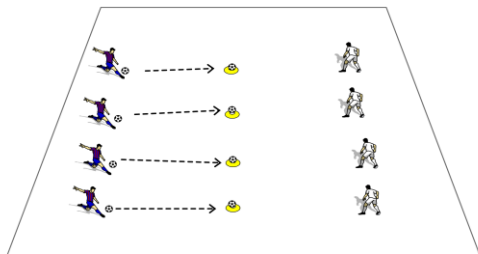
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ACTIVITY 1 Ball Striking Grid Size: 5x20 Duration: 15 Mins

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



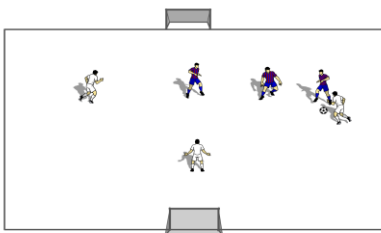
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ACTIVITY 2 Sharp Shooting Grid Size: 10 yards Duration: 15 Mins

2 teams across from each other trying to knock down the ball off the cone.
Each player from team 1 shoots, if a player knocks down a ball that team gets 1 point. The coach can set the ball back on the cone and it's the other teams turn. Play 3-5 games to 5 points.

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 3 3v3/4v4 game Grid Size: 20x30 Duration: 15 Mins

3v3 games
The coach can put cones at the half line, if a player can shoot/strike a ball from behind the cones then that goal counts as 3 points.

COACHING POINTS / KEY CONCEPTS

Team must make 2-3 passes before they can score.
Look for an open teammate to pass to so they can shoot and score