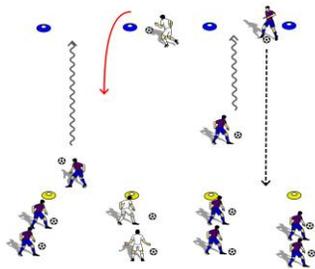




OBJECTIVES- Ball Striking



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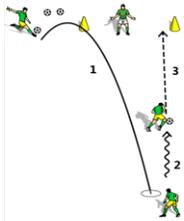
**TECHNICAL WARM-UP** Grid Size: 20x30 Duration: 10 Mins

**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** Grid Size: 20x30 Duration: 20 Mins

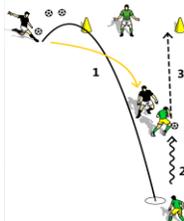
**Ball Striking/Shooting**

Players work in groups of 3, one serving the other shooting and one in goal  
Server plays the ball in for the attacker to take the shot on goal  
The striker should take a touch and then shoot  
Vary the services from different sides of the goal

Change positions after 5 shots on goal

**COACHING POINTS / KEY CONCEPTS**

Good first touch, the second touch sets up the shot.  
Strike through the ball using the laces, Toe down-ankle locked  
Head and Shoulders over the ball, land on shooting foot



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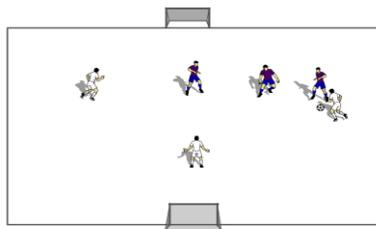
**ACTIVITY 2** Grid Size: 20x30 Duration: 15 Mins

**Shooting with defenders**

Same groups working together. The server is now the defender. At first should only apply light defending, let th attacker make a move and get a shot on goal. Let the defenders gradually apply more pressure.

**COACHING POINTS / KEY CONCEPTS**

Good first touch, the second/third touch sets up the move and then push the ball past th defender for the shot. Toe down-ankle locked  
Head and Shoulders over the ball, land on shooting foot



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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