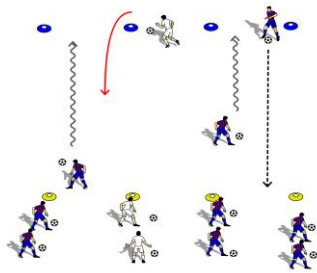


OBJECTIVES- Ball Striking and Shooting



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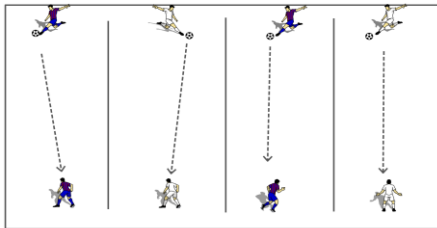
TECHNICAL WARM-UP **Grid Size:** 20x30 **Duration:** 15 Mins

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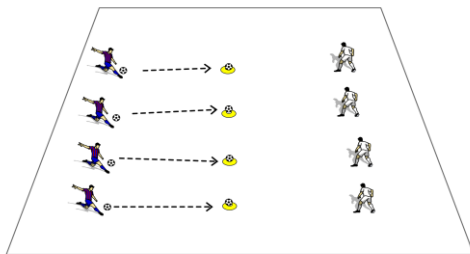
ACTIVITY 1 Ball Striking **Grid Size:** 5x20 **Duration:** 15 Mins

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



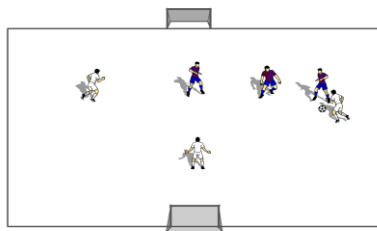
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ACTIVITY 2 Sharp Shooter **Grid Size:** 10 yards **Duration:** 15 Mins

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

Players should look for open teammates or know when the space is open to dribble forward. Teammates should spread out and use the width of the field to help the player with the ball. Try to create 1v1 and 2v1 moments to go forward and score goals.

COACHING POINTS / KEY CONCEPTS

Team must make 2-3 passes before they can score.
 Good 1st touches, Head up to look for open teammates