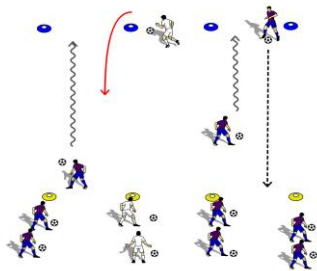


OBJECTIVES- Ball Striking



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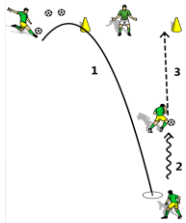
TECHNICAL WARM-UP **Grid Size:** 20x30 **Duration:** 10 Mins

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

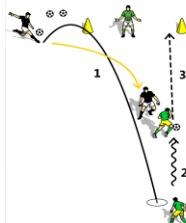
Ball Striking/Shooting

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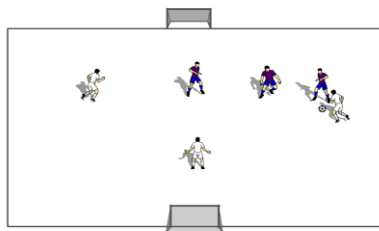
ACTIVITY 2 **Grid Size:** 20x30 **Duration:** 15 Mins

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