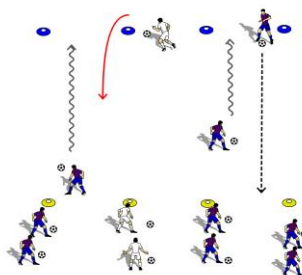
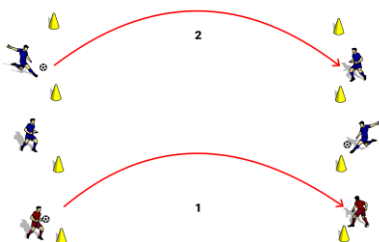


## OBJECTIVES- Ball Striking

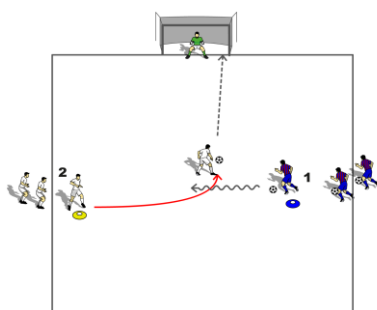
4 Stations - 1) Technical Warm-up; 2) Ball Striking; 3) Shooting on goal; 4) 3v3/4v4 games



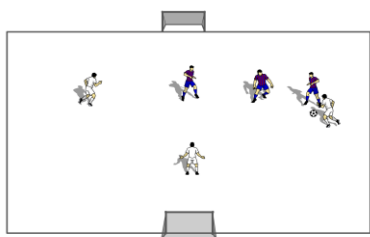
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### TECHNICAL WARM-UP

Grid Size: 20x30

Duration: 10 Mins

#### Dribbling

Groups of 2-3 players max in each line, cones 10-15 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 who pops out and calls for the ball

#### COACHING POINTS / KEY CONCEPTS

Heads up while dribbling. Go slow and perform the moves correctly.

Lots of small touches.

### ACTIVITY 1

Grid Size: 10-15 yds

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 and strike the ball with the laces

### 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

### 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

Good 1st touches, Head up to look for open teammates

Team must make 2-3 passes before they can score.