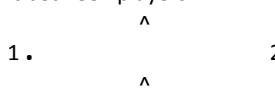
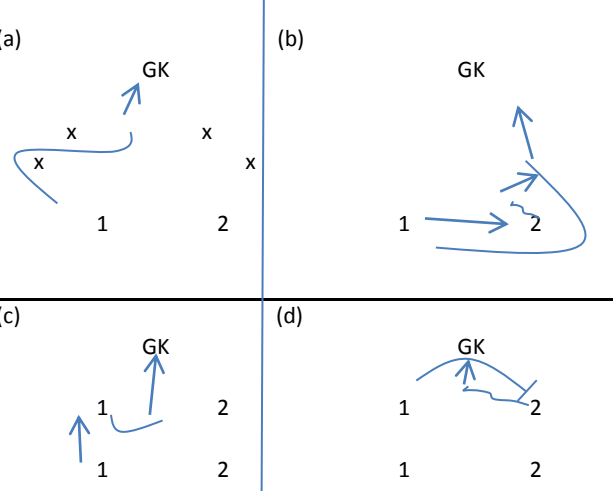
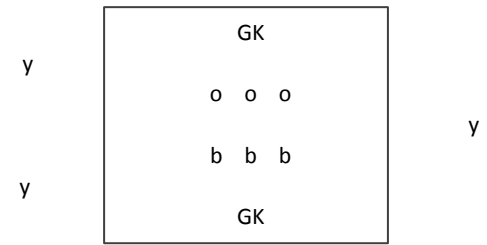
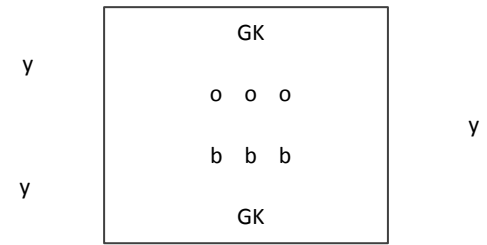
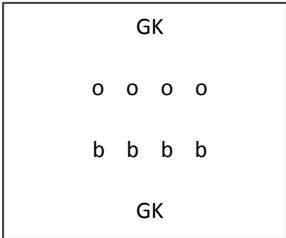
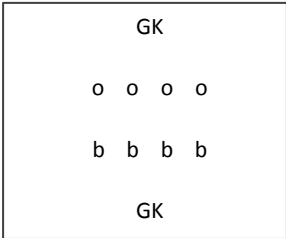


Week 3 - Club Training (Shooting)

| Description | Organization | Coaching Points |
|--|---|---|
| WARMUP (20 min) | | |
| <p>Drive balls on ground - using R and L feet Between cones - striking ball (from angle/straight on)</p> <p>Closer range - volley from a toss (inside/laces) Closer range - 1/2 volley from a toss (inside/laces)</p> | <p>1 ball for 2 players. Players 20 yds apart Cones 5 yds apart between players</p>  | <p>Lean over ball to keep low Proper placement of non-kicking foot Drive through the ball w/ follow-thru to target Knees bent, ankle locked, toe down</p> <p>Deal with 1st touch as well - prep for striking ball</p> |
| TECH SKILL adding pressure (20 min) | | |
| <p>12 players in a group</p> <p>Players behind the goal to get missed shots (switch after 3 shots) - Encourage shooting R & L foot.</p> <p>Players on each goal post 15 yds from goal</p> <p>(a) dribble thru cones - shoot change lines put restrictions on dribble R only or L only</p> <p>(b) balls with (1). (1) -> (2), (1) overlaps (2) (2) touches to inside to create space for overlap (2)->(1). - switch lines after shot</p> <p>(c) 1st in each line move 5yds closer turn back to GK receive a pass, do stepover (turn) and shoot switch lines - (2) shoot w/ L; (1) shoot w/ R</p> <p>(d) same as c but after (1) shoots - (1) turns & plays DEF on (2) and so on</p> |  | <p>same as above</p> |
| GAME LIKE CONDITIONS (20 min) | | |
| <p>1v1v1 Players divide into 3 different colors and play against each other 1v2 for whoever has the ball. Play 5 balls - score on either goal. Players circle field and take throw-ins for restarts.</p> | <p>11 players - if have 12 put a neutral bib on (OFF 4v3) 40 yds long x 30 yds wide... xtra balls in the corner nets</p>  | <p>1v1v1 (or 1v2) can score on either goal</p> <p>Don't give up... win the ball.. And shoot!</p> <p>After shot, quickly find the next ball</p> |
| <p>3v3 with 2 teams playing with 1 surrounding field acting like bumpers for the team on offense. 2 touch restriction for players on outside not playing Games up to 3 - then rotate winning team stays.</p> |  | <p>Make move to get a clear alley to shoot</p> <p>Aim for corners</p> <p>If get breakaway - shoot while GK is moving to you</p> |

Week 3 - Club Training (Shooting)

| Description | Organization | Coaching Points |
|---|--|---|
| WARMUP (20 min) | | |
| Drive balls on ground - using R and L feet Between cones - striking ball (from angle/straight on) Around cones - bending ball (inside/outside foot) Closer range - volley from a toss (inside/laces) Closer range - 1/2 volley from a toss (inside/laces) | 1 ball for 2 players. Players 20 yds apart Cones 5 yds apart between players ^ 1 . 2 ^ | Lean over ball to keep low Proper placement of non-kicking foot Drive through the ball w/ follow-thru to target Knees bent, ankle locked, toe down Deal with 1st touch as well - prep for striking ball |
| TECH SKILL adding pressure (20 min) | | |
| Balls at (1) & (3). (1)->(2) runs towards center (2)->(1) after shot (3)->(4) runs (4)->(3) for shot (1&2; 3&4 rotate) shooting w R foot Switch sides so (1&3) start on right side of GK same drill shooting w L foot Progression - add DEF (1v1) (1)->(2)->(1) and (4) comes in on DEF (1V1) (1)->(2) w (3) on DEF as ball is played from (1)->(2) Progression - 2v1; 2v2 | GK 1 Divide players evenly field 40 yds x 25 yds three players behind ea GK 4 2 3 GK | Focus on the prep touches prior to shot Be sure to keep speed of dribble & ball in control Find the GK - see if he's challenging the shot or not Shoot for cones, bending ball when possible |
| GAME LIKE CONDITIONS (20 min) | | |
| 1v1v1 Players divide into 3 different colors and play against each other 1v2 for whoever has the ball. Play 5 balls - score on either goal. 4v4 with 2 teams playing with 1 surrounding field acting like bumpers for the team on offense. 2 touch restriction for players on outside not playing Games up to 3 - then rotate winning team stays. | 40 yds long x 30 yds wide... xtra balls in the corner nets y  y y  y | same as above - good shooting principles Make move to get a clear alley to shoot Aim for corners If get breakaway - shoot while GK is moving to you |