

© Copyright www.academysoccercoach.co.uk 2015

Warm Up - Practice Shooting - Increase or decrease distance between players to vary level of difficulty. Have aplyers pass the ball through the cones to their partner using different surfaces. Give them a goal for a pass through the cones and no goal if the pass is not succesful. Play 2 minute games and then have players switch to play someone new.

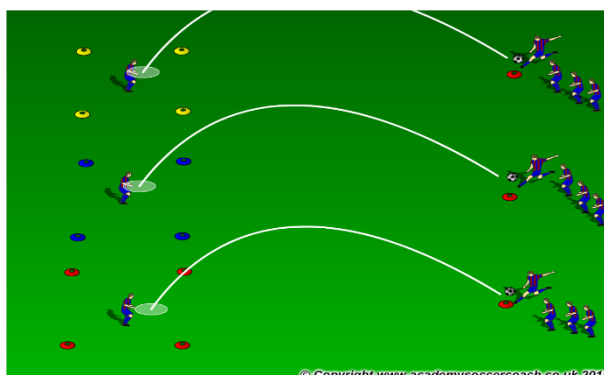
EXERCISE – Shooting warm up

TIME – 10-15 minutes - Click below for video demo:

#1 - <https://www.youtube.com/watch?v=MCYnqVJbNbQ>

OBJECTIVE – Warm players up, repetition working on striking the ball with different surfaces of the foot.

POINTS OF EMPHASIS: Head up, approach ball from an angle, lock ankle as strike through the ball, follow through in direction of target. When using inside of foot point toes out to side and when using laces point the toes down and strike through using the laces.



© Copyright www.academysoccercoach.co.uk 2015

Shooting - Good option for a game if you have no goals - Players chip the ball into a box for a team mate to catch. When your pass is caught you run into the box. Winning team is team that gets all their players in the box first. Vary difficulty by moving the cone back and increasing the distance of the pass to be played. Also challenge player to use their non-kicking foot.

EXERCISE – Shooting/Striking ball in air over long distance

TIME – 10-15 minutes - Click below for video demo:

#1 - <https://www.youtube.com/watch?v=zsAeHJ0B2yI>

#2 - <https://www.youtube.com/watch?v=dPE37sur3Xo>

OBJECTIVE – Develop technique when striking the ball in the air and over longer distances.

POINTS OF EMPHASIS: Head up, approach ball from an angle, lock ankle as strike through the ball, follow through in direction of target. Lock ankle as you strike through the ball and follow through UPWARDS in direction of target.



© Copyright www.academysoccercoach.co.uk 2015

Shooting - Player passes ball out to team mate who takes a touch and shoots on goal. Players then trade roles. Once the dark team has shot the light team plays a pass and shooter takes a touch and shoots. Play for 3 to 5 minutes and see who has the most goals.

EXERCISE – Shooting to goal

TIME – 10-15 minutes - Click below for video demo:

#1 - <http://www.youtube.com/watch?v=ARmbjqhcaq4>

OBJECTIVE – Cushion first touch and then strike ball before the penalty area.

POINTS OF EMPHASIS: Head up, approach ball from an angle, lock ankle as strike through the ball, follow through in direction of target. Lock ankle as you strike through the ball and follow through UPWARDS in direction of target. Focus on first touch when controlling the ball.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.