

Week 4—Shooting

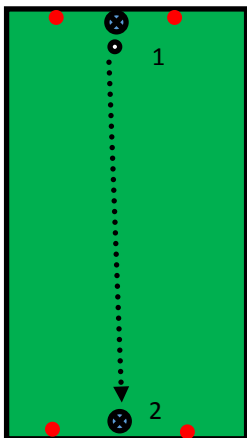
Coaching Points

- Keep eyes on the ball
- Shooting foot is pointed
- Plant is beside the ball and pointed in the direction of the shot
- Contact near the centre or bottom of the ball depending on whether you want to shoot low or high
- Point your foot to contact with the laces
- Kick past the ball and point toes toward the target. Follow thru is very important: DO NOT STOP FOLLOW THRU!

Warm Up

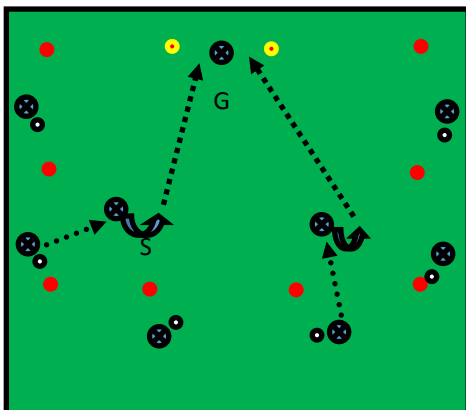
- 15 x 15 yard area
- Each player with a ball at their feet
- Have players move around the area and perform the following actions:
- Free Dribble - all players moving around the area with ball at feet. 1 minute
- Toe Taps - on command players perform 10 toe taps then dribble. Repeat 3 times
- Side to Side - players play ball from left to right with inside of foot for 30 seconds then dribble. Repeat 3 times
- Side to Side moving forward for 10 seconds then dribble. Repeat 3 times
- Side to Side moving backward for 10 seconds then dribble. Repeat 3 times
- Have players hold ball in hands and kick ball out of hands in the air. Concentrate on hitting the ball with the laces and make sure toe is pointed down. Should be no spin on the ball if done properly

Technique— Shooting



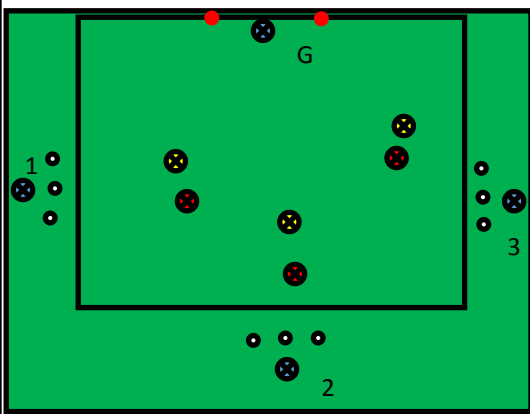
- Have players in partners with about 20 yards between them.
- One ball per group
- Player 1 shoots the ball towards player 2
- Player 2 controls the ball and then shoots the ball back to player 1
- Concentrate on the coaching points and stop groups in order to correct mistakes
- Keep an eye out for toe pointed down, follow thru and plant foot

Technique— Pass to Striker



- All players outside the box with a ball. 2 strikers and 1 goalie in box with no ball
- All players with a ball are numbered (in the example 1 to 6)
- On go when coach shouts your number you pass to one of the strikers in the box
- Striker controls ball, turns and shoots on net. Should be able to do it in 3 touches
- The strikers alternate shots
- Players swap roles after each striker has had 3 shots on net
- Progression: have the players on the outside either bounce or throw the ball into the strikers. Strikers will have to control with whatever body part required (foot, thigh, or chest) before turning and shooting

Small Sided Game– Shooting



- Two teams with 1 neutral goalie in the goal
- 2 or 3 servers around the outside of the area
- 2 teams in the box are playing 3 v 3
- Whoever has the ball is in attack and other team defends. If defending team gets ball it is in attack
- Ball is fed into the game once ball goes out of bounds or a goal is scored
- Balls are fed in order (1,2,3,1,2,3.....)
- Rotate feeders with players in the box every 2 or 3 minutes
- Progression: have servers bounce or throw the ball in to vary control

Scrimmage

Split the team into 2 equal teams and scrimmage. Be sure to emphasize instances where the players are exhibiting good shooting technique.