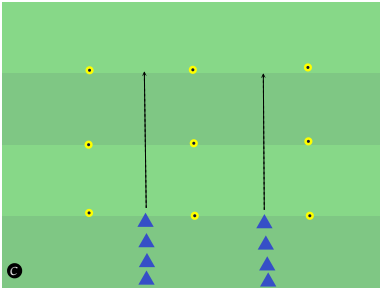


Warm up - No ball



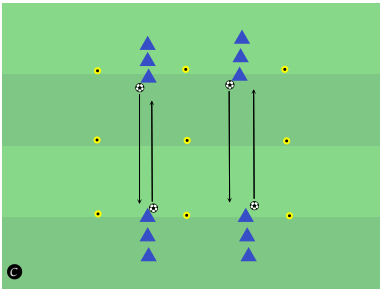
Coaching Points

Duration: 0 Min

Objectives

Improve players competence and confidence in front of goal

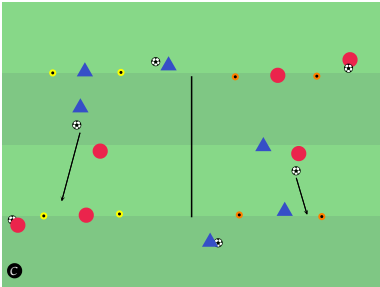
Warm up - With ball



Coaching Points

Duration: 0 Min

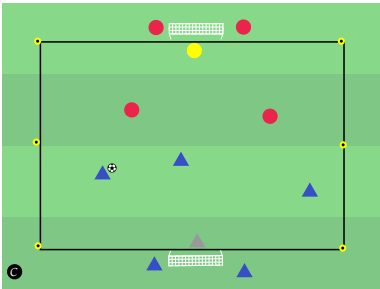
Shooting basics (Technical)



Coaching Points

Duration: 0 Min

Attacking Wave Game

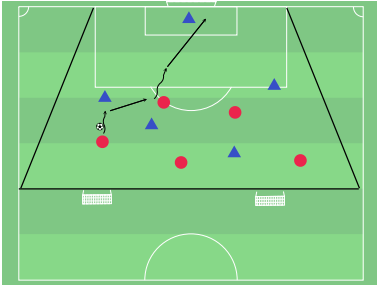


Coaching Points

Duration: 0 Min

Duration: 0 Min

Scrimmage - Scoring Goals



Coaching Points

Warm up - No ball

PLAYERS

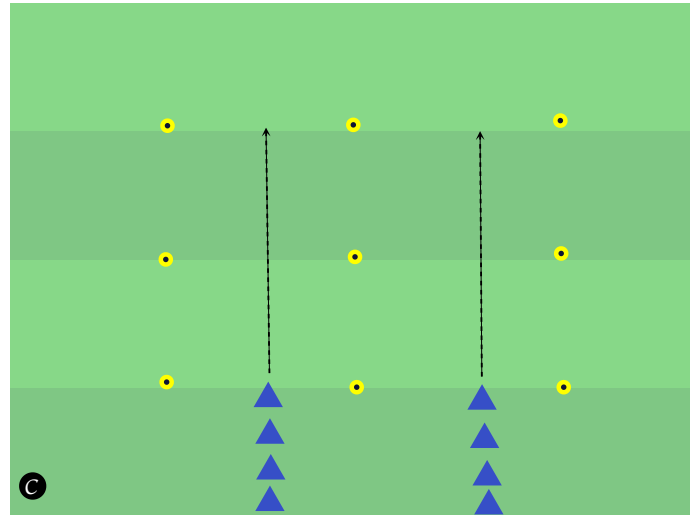
1 players

INSTRUCTIONS

Dynamic Warm Up

Players go through each movement twice.

1. Jog
2. High Knees (out)/ Butt Kicks (back)
3. Quad Stretch (out)/ Jog Back
4. High Hamstring Kick (out)/ Jog (back)
5. Calf Stretch (out)/ Jog (back)
6. Open Gate (out)/ Close Gate (back)
7. Build Up Sprint (out)/ Jog (back)



Warm up - With ball

PLAYERS

1 players

INSTRUCTIONS

Warm Up- Technical

Dribbling

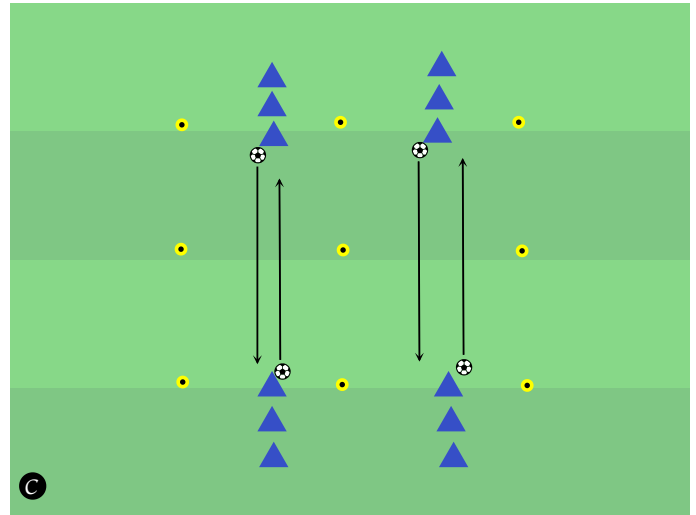
Each movement is done in 1 Minute Intervals.

1. Speed Dribble w/laces
2. Inside/Outside Dribble with one foot
 - a. To make it more challenging add a scissors in the middle
3. Roll Overs with one foot
4. Scissors half way (this should be done with players dribbling at each other and completing a scissors at the same time.
5. Free Move

Passing

Each movement is done in 1 Minute Intervals.

1. Two Touch Passing
2. Give and Go
3. One Touch Passing



Shooting basics (Technical)

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Set up 1-2 areas depending on available space and number of players
- Set up bigger goals, poles, or cones 10-20 yards from the attackers for the goal keepers
- Players compete 1v1 for 30 seconds and try to score on each others goal
- After 30 seconds the GK becomes the outfield player, the player in line becomes the GK, and the player that just played, leaves the field.

Focus

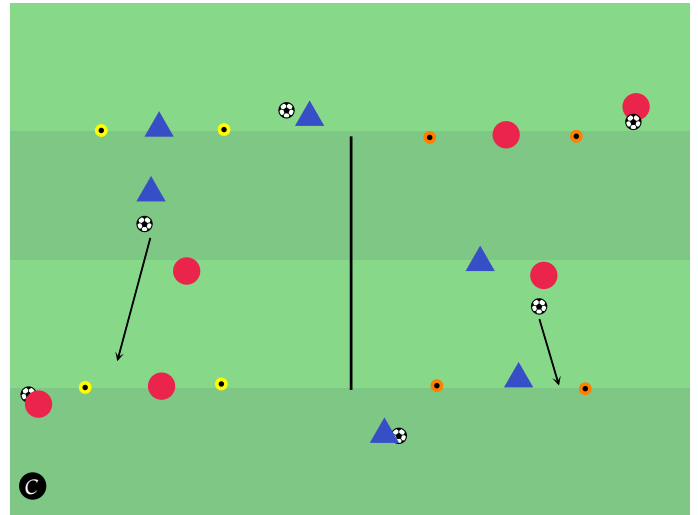
Correct shooting technique and the difference between placement (use inside of foot to pass into corner) and power (use laces to strike ball harder across goal). Dribble at the defender, create space to shoot.

Shooting mechanics:

1. Get the ball out of your feet
2. Angled approach
3. Non kicking foot beside the ball
4. Head over the ball
5. Select Surface & Strike: E.g. Laces, Inside.
6. Follow through

Possible Progressions/Regressions

- Increase or decrease size of area
- After player shoots they immediately turn to defend the next player in line (progression 1) or run to the next area to defend against the other team (progression 2)



Attacking Wave Game

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players
- Split players in to two teams
- Each team lines up in pairs either side of their respective goal.
- Wave 1 - Blue player starts with the ball and has 6 seconds to get a shot on red GK (1vgk)
- Wave 2 - As soon as blue shoots, they now defend against 2 red players (2v1)
- Wave 3 - As soon as red attack is finished, they transition to defense against 3 blues (2 enter field +1 that is already there - 3v2)

Focus

Encourage players to be confident and creative with their movement both on and off the ball.

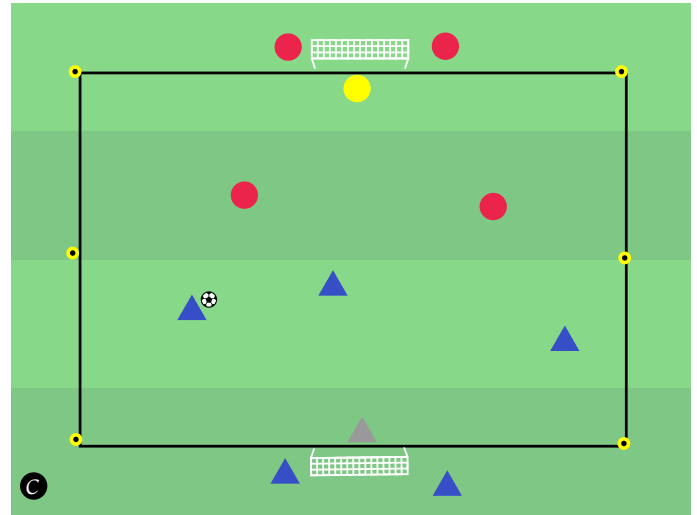
Don't just boot the ball to your teammate - dribble to attract pressure and either beat them 1v1 or pass/combine with your teammate.

Creativity - Look in the 'sessions' section for 'best of - skill moves & turns' and/or 'best of - supporting runs/combinations' for some ideas on creative movements on and off the ball

- Don't forget the correct shooting technique from the previous session.

Possible Progressions/Regressions

- Increase or decrease size of area
- Add pugg's instead of big goal and GK



Scrimmage - Scoring Goals

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for group of players - field is narrowed towards the big goal to encourage players to attack centrally and shoot more
- Red team attack the big goal while the blue team attack the smaller pugg goals
- Points can only be earned for the team shooting on the big goal
- If the blue team score on the pugg goals they now get to attack the bigger goal and the red team must now defend
- Scoring system is as follows; (big goal only)
 - Shoot and score with toe = 1 point
 - Shoot and score with inside of foot or laces = 3 points
 - Shoot and score with any part of weaker foot = 2 points

Focus

Encourage players to be confident and creative with their movement both on and off the ball.

Don't just boot the ball to your teammate - dribble to attract pressure and either beat them 1v1 or pass/combine with your teammate.

Creativity - Look in the 'sessions' section for 'best of - skill moves & turns' and/or 'best of - supporting runs/combinations' for some ideas on creative movements on and off the ball

Don't forget the correct shooting technique from the previous session.

Possible Progressions/Regressions

- Increase or decrease size of area
- Change field shape

