
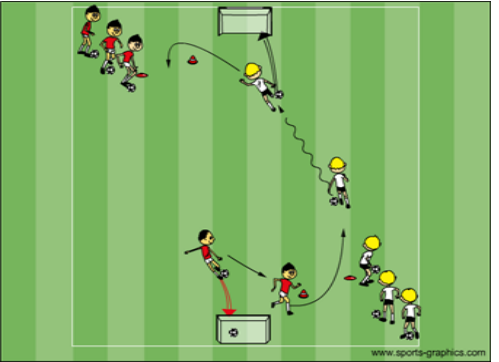
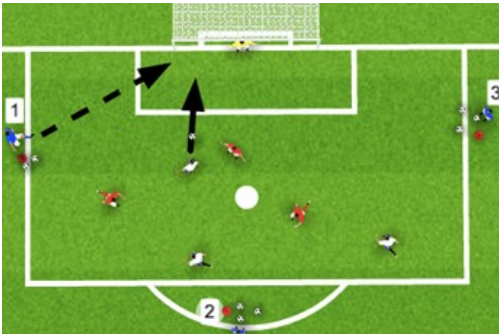



PLAY — PRACTICE — PLAY

"Shooting"

Dribbling move Cruyff

<p>PLAY 10 mins.</p>	<p>Play- as players arrive have them join in a small sided game.</p>	<p>Set Up- 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
<p align="center"><u>Activity Description</u> <u>Set Up Diagram</u> <u>Coaching Points</u></p>			
<p>#1 15 mins</p>	<p><u>Shooting Through the Cones:</u> Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</p>		<ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target
<p>#2 15 mins</p>	<p><u>Chase & Shoot:</u> Divide your players into two groups each player with a ball. The first player in line from one group dribbles down to the opposite goal and shoots. They immediately chase the first player in the opposing line who starts dribbling towards the opposite goal once the shot is taken. Players will end up back in their original line (after chasing)</p>		<ul style="list-style-type: none"> • Proper technique and body control • Quality preparation touch • Dribble with speed • Quickly transition to defense • First group to score 5 goals wins. Add a GK
<p>#3 15 mins</p>	<p><u>4v3 Around the goal:</u> Set up 3 cones around the penalty area. Split the group into the 3 teams. Number the Blue team 1-3. Red is on defense, white are the attacking. Coach calls out a number, The number on the blue team to play the ball into the attacking team, then joins the attack to make it 4v3 against red small goals on end lines.</p>		<ul style="list-style-type: none"> • Movement • Communication • Shooting technique • Decision making • Make sure you rotate the teams every couple of minutes
<p><u>PLAY</u> 25 mins</p>	<p><u>Small Sided Games</u> 7V7 scrimmage</p>	 <p align="center">Call out name of player who scores a goal</p>	<p>Let them play</p>

5 Elements

Organized-set up and ready to go
Game like-activity must be game like
Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged
Coaching-the right coaching based on the age/level of the players