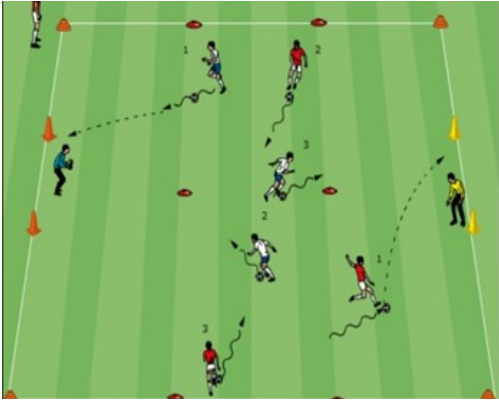
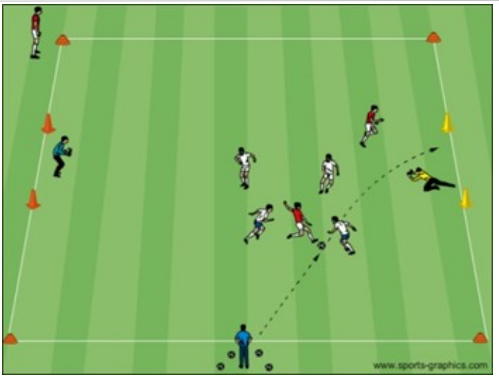
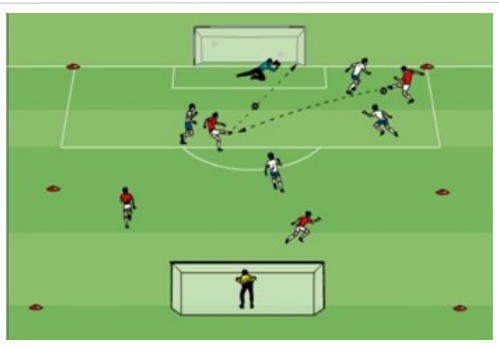



PLAY — PRACTICE — PLAY

“Shooting”

<p>PLAY 10 mins.</p>	<p><b>Play-</b> as players arrive have them join in a small sided game.</p>	<p><b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed</p>	<p>Let them play</p>
	<p><b>Activity Description</b></p>	<p><b>Set Up Diagram</b></p>	<p><b>Coaching Points</b></p>
<p>#1 15 mins</p>	<p><b>Numbered Shooting:</b> Two goals with GK’s set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>		<ul style="list-style-type: none"> <li>-Body position and balance</li> <li>-Eye on the ball at moment of contact</li> <li>-Strike ball with ankle locked and hard bone on top of foot</li> <li>-Non-kicking foot directed at target</li> </ul>
<p>#2 15 mins</p>	<p><b>Popcorn (15 min):</b> Two goals with GK’s set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player (s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>		<ul style="list-style-type: none"> <li>-Proper technique of shooting with the instep and the inside of the foot</li> <li>-Placement vs. power</li> <li>-Quality preparation touch</li> <li>-Finishing rebounds</li> </ul>
<p>#3 15 mins</p>	<p><b>Blank Out Finishing Game:</b> Two goals with GK’s set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team “blanks out” all the points of the opponent.</p>		<ul style="list-style-type: none"> <li>-Placement vs. power</li> <li>-Quality preparation touch</li> <li>-Finishing rebounds</li> </ul>
<p>PLAY 25 mins</p>	<p><b>Small Sided Games</b> 7V7 scrimmage</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