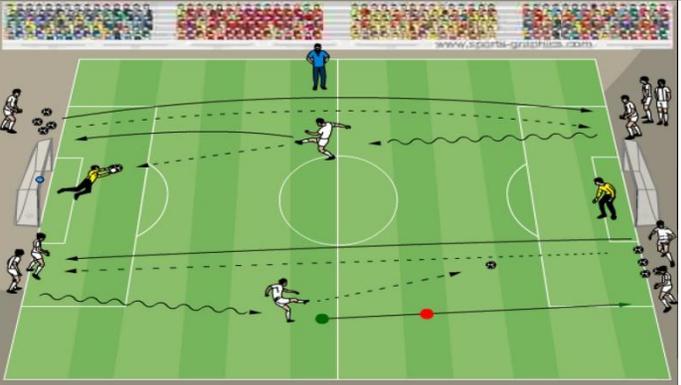


Date:

Topic: Shooting Phase 1



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> Start by sitting and juggling bola with laces then move to standing position. Juggle bolas using their laces only. Each player will start with ball in hands and self serve. Players must alternate feet and move to catch the ball as it is played. After 5-10 minutes, each player will repeat the exercises using a regular soccer ball size 4-5. (goalkeepers warm up separately) 		<ol style="list-style-type: none"> Eyes on ball. Lower head and shoulders as the ball drops to the foot. Focus on contact. Raise knee and then extend lower leg. Do not strike the ball with a straight leg. Arms out for balance. Plant leg steady. Don't reach for ball and lose balance. Strike sweet spot on the ball and on the foot. Strong core as you play the ball. Crunch. There should be no spin on the ball after it is struck. Easy to catch over head.
<p>Phase Two</p> <ul style="list-style-type: none"> Players make four equal lines on each post. Two piles of soccer balls are at opposite posts at each goal. Add goalkeepers if available. First player on line will serve a ball using the laces to the player at the opposite line. Receiving player will dribble into shooting range and take a power shot. Both the server and the shooter will change lines and repeat. 		<p>KEY COACHING POINTS</p> <ol style="list-style-type: none"> Receive using a positive preparation touch. Do not let the ball get caught under feet. Play ball on a slight angle prior to shooting so that the approach to the ball is not perfectly straight. On contact, the ankle should be locked and the head should be low and steady. Hips and shoulders should be square to the goal. The distance of the plant foot to the ball will help determine the height of the shot.
<p>Phase Three</p> <ul style="list-style-type: none"> Create two teams, one shooting and one to collect balls for service. Gks too! Each team will have 60 seconds to shoot. The shooting team will line up at the starting cone and must receive service between the gate. Attacking team must hit the target or score. If they miss, the entire team must run around the side cones before shooting again. After 60 seconds, switch. Play cumulative score for 2-3 rounds. 		<p>KEY COACHING POINTS</p> <ol style="list-style-type: none"> Focus should be on clean contact. Hit the sweet spot on ball and on the foot. Head low and steady. Do not lift head early to look at the goal or see the shot. Hips and shoulders should frame the goal on contact. Ankle should be locked. Follow through landing on shooting foot. Don't "over hit" the ball as that will create bad contact. Power comes from technique and not necessarily strength.
<p>Game Phase</p>	<p>ORGANIZATION</p>	<p>KEY COACHING POINTS</p>
<p>PLAY!</p>	<p>4v4 or 7v7 to goal</p>	<p>Coach shooting technique</p>