

Date:

Topic: Shooting Phase 2



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. Player partner up with one ball between 2. Each player will start with ball in hands and self serve a full volley their partner. Players must alternate feet. Move onto half volleys. 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 clean contact below the knee. After strike, encourage players to land on their shooting foot. . 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. The ball should have top spin or no spin.
<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. Players without the ball will check into the middle and lay off a ball to be struck first time. Player with the ball will serve a ball using the laces to the player at the opposite line and then run on to strike the layoff pass. Both the server and the shooter will change lines and repeat. 		<p>KEY COACHING POINTS</p> <ol style="list-style-type: none"> Play ball on a slight angle prior to passing and 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. Follow through landing on the shooting foot.
<p>Phase Three</p> <ul style="list-style-type: none"> Create two teams on a small field. 4v4, 5v5 or even 6v6. Split the field in half and create a 4or 5 vs. 1 on each half. The "sniffer" is the loan defender and must hunt the ball and pressure the shooters. The shooters must work the ball into a good position to have a power shot. When the "sniffers" team has the ball the sniffer must either check in and lay balls off or shield the vision of the gk and pounce on any rebounds. 		<p>KEY COACHING POINTS</p> <ol style="list-style-type: none"> Preparation touch towards the target is critical. Speed of release is a factor. Shooter must be able to strike before pressure arrives. Set up pass must be in the front of teammate. Hips and shoulders 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. Head low and steady. Don't look up when you shoot!
<p>Game Phase</p> <p>PLAY!</p>	<p>ORGANIZATION</p> <p>4v4 or 7v7 to goal</p>	<p>KEY COACHING POINTS</p> <p>Coach shooting technique</p>