

Date:

Topic: Shooting Phase 3



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. Partners alternate serving (3 yards apart) from the hands. While playing the ball the feet must be active and if possible in a 3 step rhythm. After volleys players switch to ½ 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 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. Toe down, ankle locked.
<ul style="list-style-type: none"> Players make two equal lines at each goal. Soccer balls at one goal for service. Add goalkeepers if available. First player on line will serve a ball using the laces to the player at the opposite line. Server will then follow the pass to defend. Receiving player will dribble into shooting range and take a power shot or go 1v1. Both the server and shooter return to line. If the shooter gets delayed by defender they can play a second attacker in. The defending team must then add a defender. 		<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 so that the approach to the ball is not perfectly straight. Eyes up on target early. On contact, the ankle should be locked and the head should be low and steady. Hips and shoulders should be square to goal. The distance of the plant foot to the ball will help determine the height of the shot. Use defender as a screen. Encourage early shooting. Deflections can be good too.
<ul style="list-style-type: none"> Create two teams on a small field. 6v6 or even 7v7 Split the field in half and create a 4 vs. 2 on each half. The "sniffers" are defenders 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. 		<ol style="list-style-type: none"> Speed of release and preparation touch are vital in this exercise. Prepare the ball quickly by taking a positive touch towards goal and strike before the defenders can close you. Focus should be on clean contact. Head low and steady. Do not lift head early to look at the goal or see the shot. 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.
<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>