

Coach: Stephen Bird

Shooting

Improving the technique when striking the ball



A Lifetime of Soccer



Warm-Up

Work: 10 Mins

Each player has a ball and is dribbling around the area. Individual exercises include the following:

- 1) Use the inside of the feet only
- 2) Use the laces of the feet only
- 3) When coach shouts "go" players will attempt to kick their ball and hit the other players soccer ball
- 4) Players attempt to hit the coaches ball

Organization: Area 30 x 35. Can vary depending on the number of players/level.



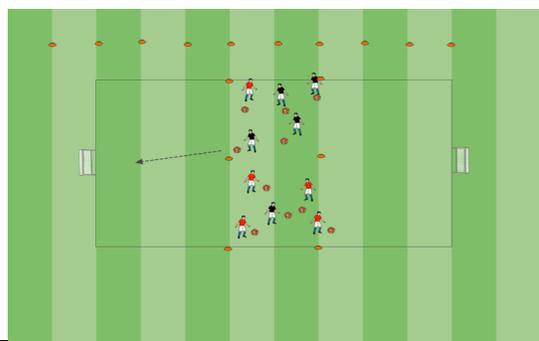
Technical

Work: 12-15 Mins

Players are setup in ladder system. Players will attempt to get to the top group and stay there. If players get to the top group and lose, they go all the way down.

One ball will be on top of the cone and players will attempt to hit the ball off the cone. (Players stand 10-15 yards depending on the age/ability of the players). First one to 5 wins the round/ or set a time limit and whoever gets the most wins.

Organization: Make sure you have enough space between groups.



Skill

Work: 12-15 Mins

Each player has a ball and a number. Players are dribbling around the area and when the coach shouts a number, that player has 5 seconds (add more time if needed) to dribble out the area and shoot on goal.

Progressions:

- 1) Add in a goalkeeper
- 2) Shout two numbers and the first one to score wins
- 3) Evens vs. odds. First one to 10 goals wins.

Organization: Grid size – 20 x 20 dribbling area in the middle.

Key Coaching Points:

- 1) When using the laces, lock your ankle (toes down and heel up).
- 2) Follow through your strike
- 3) Planting foot facing the target