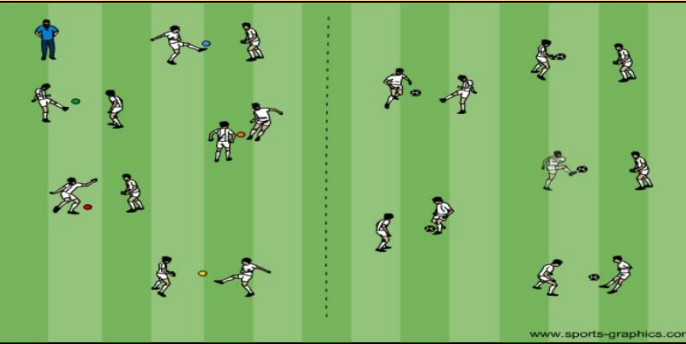
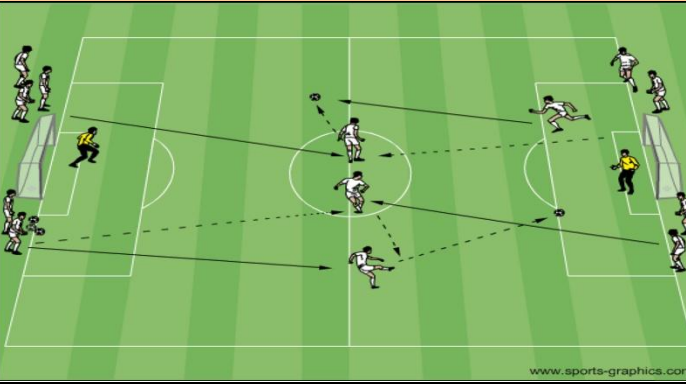
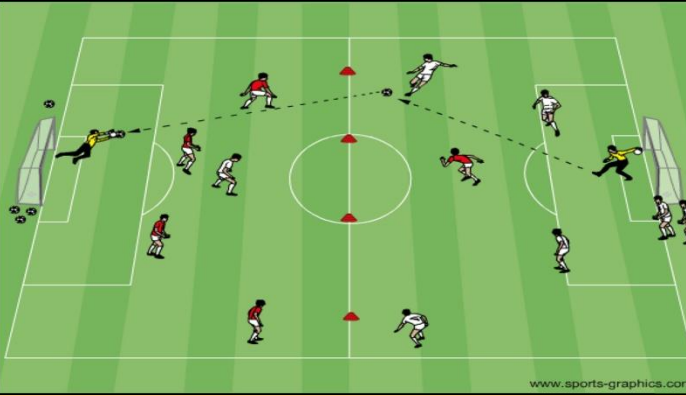


Date:

Topic: Shooting Phase 2



Phase One- WARM UP	ORGANIZATION	KEY COACHING POINTS
<ul style="list-style-type: none"> <li>Start by sitting and juggling bola with laces then move to standing position.</li> <li>Player partner up with one ball between 2.</li> <li>Each player will start with ball in hands and self serve a full volley their partner.</li> <li>Players must alternate feet.</li> <li>Move onto half volleys.</li> <li>After 5-10 minutes, each player will repeat the exercises using a regular soccer ball size 4-5. (goalkeepers warm up separately)</li> </ul>		<ol style="list-style-type: none"> <li>Eyes on ball. Lower head and shoulders as the ball drops to the foot. Focus on clean contact below the knee.</li> <li>After strike, encourage players to land on their shooting foot. .</li> <li>Arms out for balance. Plant leg steady. Don't reach for ball and lose balance.</li> <li>Strike sweet spot on the ball and on the foot.</li> <li>Strong core as you play the ball. Crunch.</li> <li>The ball should have top spin or no spin.</li> </ol>
<p><b>Phase Two</b></p> <ul style="list-style-type: none"> <li>Players make four equal lines on each post.</li> <li>Two piles of soccer balls are at opposite posts at each goal.</li> <li>Add goalkeepers if available.</li> <li>Players without the ball will check into the middle and lay off a ball to be struck first time.</li> <li>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.</li> <li>Both the server and the shooter will change lines and repeat.</li> </ul>	<p><b>ORGANIZATION</b></p> 	<p><b>KEY COACHING POINTS</b></p> <ol style="list-style-type: none"> <li>Play ball on a slight angle prior to passing and shooting so that the approach to the ball is not perfectly straight.</li> <li>On contact, the ankle should be locked and the head should be low and steady.</li> <li>Hips and shoulders should be square to the goal.</li> <li>The distance of the plant foot to the ball will help determine the height of the shot.</li> <li>Follow through landing on the shooting foot.</li> </ol>
<p><b>Phase Three</b></p> <ul style="list-style-type: none"> <li>Create two teams on a small field. 4v4, 5v5 or even 6v6.</li> <li>Split the field in half and create a 4or 5 vs. 1 on each half.</li> <li>The "sniffer" is the loan defender and must hunt the ball and pressure the shooters.</li> <li>The shooters must work the ball into a good position to have a power shot.</li> <li>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.</li> </ul>	<p><b>ORGANIZATION</b></p> 	<p><b>KEY COACHING POINTS</b></p> <ol style="list-style-type: none"> <li>Preparation touch towards the target is critical.</li> <li>Speed of release is a factor. Shooter must be able to strike before pressure arrives.</li> <li>Set up pass must be in the front of teammate.</li> <li>Hips and shoulders frame the goal on contact.</li> <li>Ankle should be locked.</li> <li>Follow through landing on shooting foot.</li> <li>Don't "over hit" the ball as that will create bad contact. Power comes from technique and not necessarily strength.</li> <li>Head low and steady. Don't look up when you shoot!</li> </ol>
<p><b>Game Phase</b></p> <p>PLAY!</p>	<p><b>ORGANIZATION</b></p> <p>4v4 or 7v7 to goal</p>	<p><b>KEY COACHING POINTS</b></p> <p>Coach shooting technique</p>