



Lakeville Soccer Club
Model Training Session
Ball Striking
Chad Moore (2.21.2014)



The focus of the Progressive Session will be on ball striking. Coaching points will be technical in nature and activities will allow for player to have many repetitions to strike the ball with their laces.

Coaching Points:

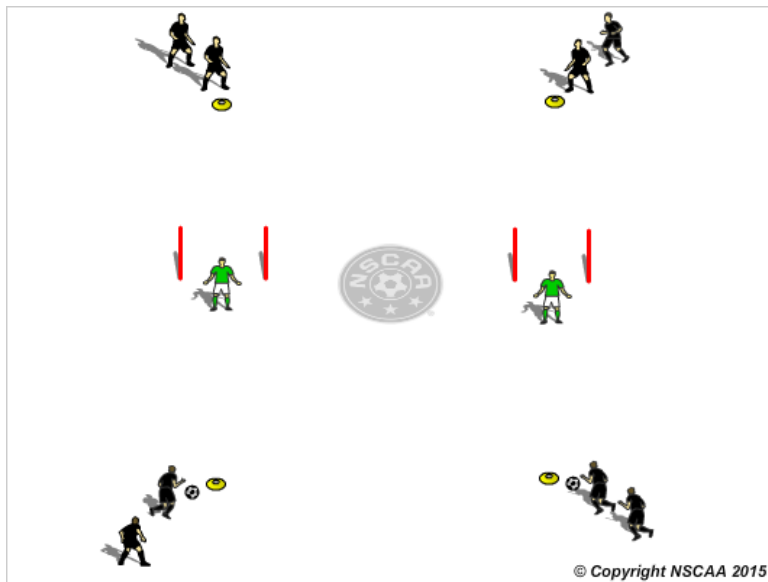
Approach ball at an angle

Plant foot (next to ball; toes pointed toward target)

Kicking foot (toes pointed away and ankle locked)

Lean slightly forward and watch foot strike the center (equator) of the ball

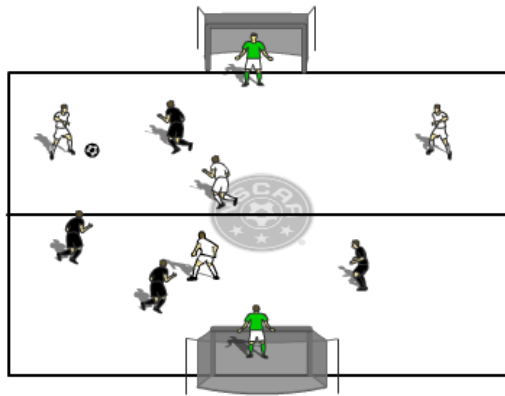
Follow-through (toward target; land on kicking foot)



Warmup

a) Individual/pairs warmup

b) Continuous shooting activity

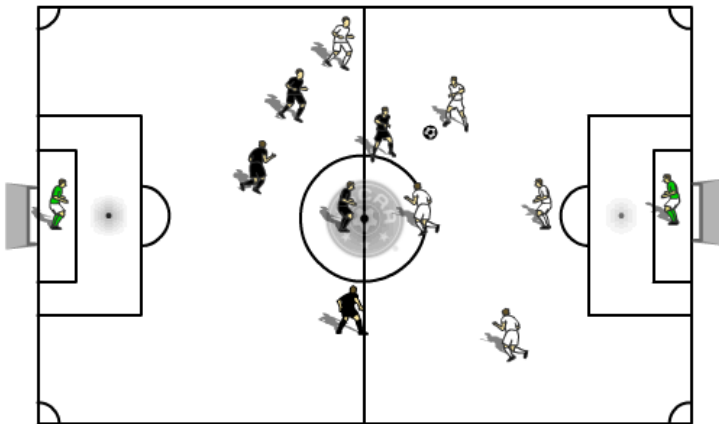


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4v1 + 1v4 to Goals (24 yards long x 28 yards wide)

Players must remain on designated side of field

If goal is scored or leaves the field, play re-starts with GK



6V6

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6v6 (50 yards x 40 yards)

Each team will play 1-3-1

All match rules apply (including offside)