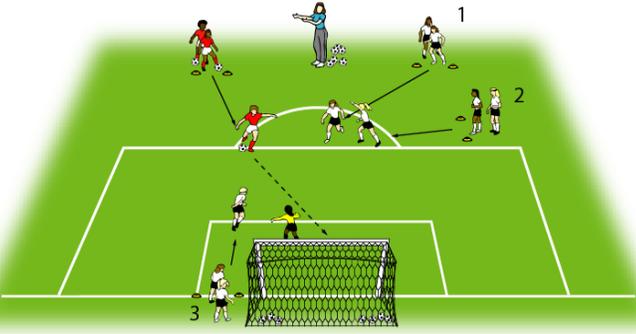


Finishing from a Distance: Skill/Technique #1

Skill/Technique:	Distance Shooting	20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Use the area as shown One group of 3 strikers and one group of 3 defenders. The group of defenders will defend from three different positions as the practice progresses. Goalkeeper. Play starts when the striker attacks goal. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Be composed. Look at goal on approach. Square hips toward goal. Look at ball & head steady. Long step and stretch toe down, lock ankle. Drive through the middle of the ball with instep. Shoot low & to the side of
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Description:

1. Players begin from two gates set up on either side of the coach, approximately 10m from edge of penalty area. Red striker dribbles toward goal and shots before reaching the edge of the box. One white defender attempts to prevent the shot and if possible, tries to win the ball and score himself/herself. After the shot the striker joins the line of defenders and the white defender joins the line of strikers and roles reverse. Strikers should also switch sides for the shot before progressing in order to practice with both feet.
2. **Progression:** As above but defender tries to prevent shot from the side.
3. **Progression:** As above but the defenders try to prevent the shot by coming from the side of the goal.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing from a Distance: Skill/Technique #3

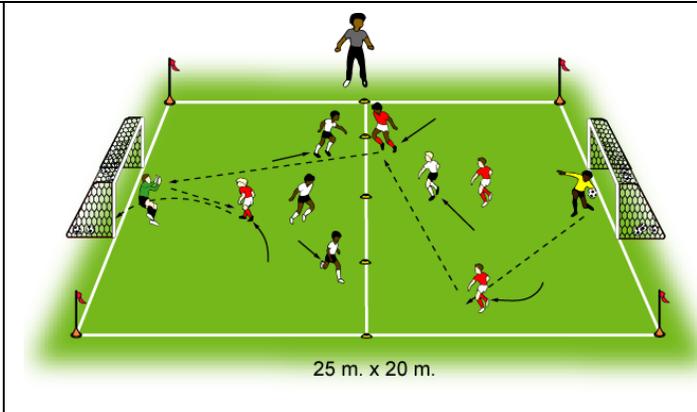
Skill Work (Advanced):

Shooting – King Louis 2

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of four plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. As the previous exercise but one additional player on each team is restricted to playing in the opponents half. The GK serves a ball into one of the red players who must try and score directly, or pass to a teammate to score. The reds must now make quick decisions as the opponent in their half can steal the ball and score. The white players must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score. Encourage players to try various shooting techniques.

Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing from a Distance: Skill/Technique #2

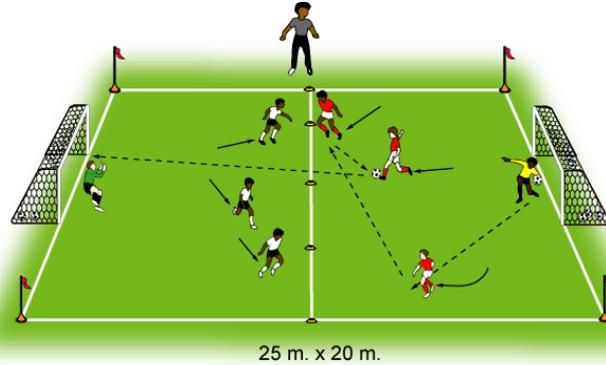
Skill Work:

Shooting - King Louis 1

20 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of three plus a GK.
- Two goals
- All soccer balls in the goals.
- Play starts with GK.



Coaching Points:

- Be composed.
- Look at goal on approach.
- Square hips toward goal.
- Look at ball & head steady.
- Long step and stretch toe down, lock ankle.
- Drive through the middle of the ball with instep.
- Shoot low & to the side of

Description:

1. All players are restricted to their own half of the field. The GK serves a ball into one of the red players who must try and score directly, or pass to his/her teammate to score. The defenders must try and prevent the reds from scoring and, if possible, block the ball and shoot for the goal in the opposite half of the field. Play continues until the ball goes out of play at which time the nearest GK serves a ball into his/her players and the game continues. Players should try and shoot as the first option and only if they don't think they can shoot past an opponent should they pass to a teammate. Keep track of combined score.
2. Progression: Can you try and bend the ball around an opponent?

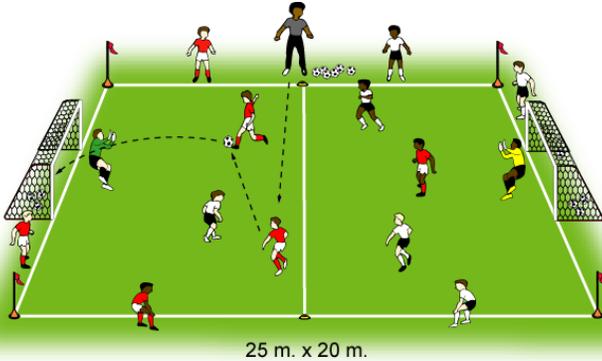
Emphasis: Be composed and efficient. Kick through the middle of the ball.

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Finishing in the Penalty Area: Skill/Technique #1

Skill/Technique:	Fox in the box 1	20 minutes
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<p>Organization:</p> <ul style="list-style-type: none"> Use markers to set up a 25x20m area as shown. Two teams of six plus a GK. Two goals Three players from each team on the field. Three supporting players positioned outside area as shown. Play starts with coach. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Find space and face the goal. Be prepared to move to the ball. Look to the side of the keeper. Choose your technique. Have a touch if needed. Pass the ball low past keeper Be composed.
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Description:

- Players are restricted to two striker's v one defender in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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Finishing in the Penalty Area: Skill/Technique #2

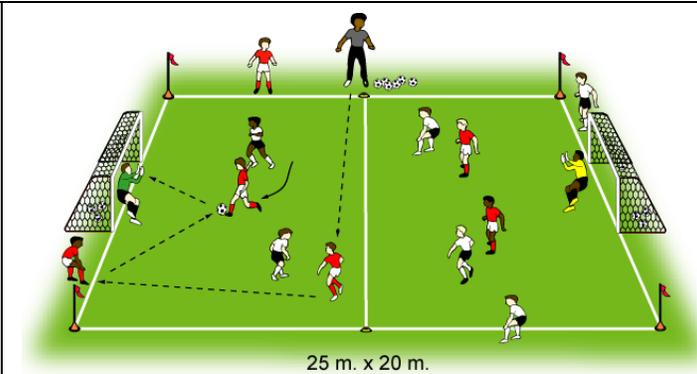
Skill Work:

Fox in the box 2

15 minutes

Organization:

- Use markers to set up a 25x20m area as shown.
- Two teams of six plus a GK.
- Two goals
- Four players from each team on the field. two supporting players positioned outside area as shown.
- Play starts with coach.



Coaching Points:

- Find space and face the goal.
- Be prepared to move to the ball.
- Look to the side of the keeper.
- Choose your technique.
- Have a touch if needed.
- Pass the ball low past keeper
- Be composed.

Description:

1. As in previous exercise but players are restricted to two striker's v two defenders in each half of field. Coach serves ball into red striker who must try and score directly, or pass to his/her teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the strikers. The support players are limited to a maximum of three touches in which to pass. The defender must try and prevent the reds from scoring and, if possible, win the ball and pass to the white strikers who repeat the process in the opposing half of the field. Play continues until the ball goes out of play at which time the coach serves a ball into the strikers of the team which defended last. Players switch roles with supporting players every two minutes. Players switch roles within the groups of three also. Keep track of combined score.

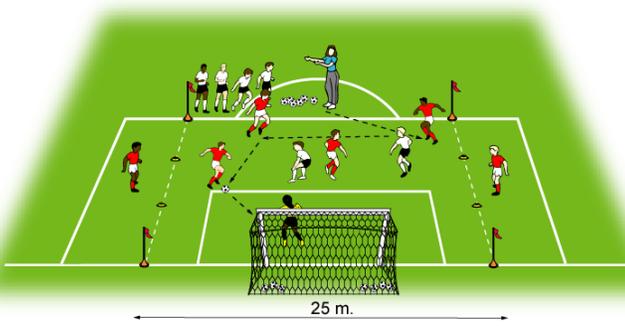
Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

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Finishing in the Penalty Area: Skill/Technique #3

Skill Work (Advanced): **Sharp Shooting.** **15 minutes**

<p>Organization:</p> <ul style="list-style-type: none"> Two teams of 6 plus GKs. Playing field of 25m wide to the top of the penalty area as shown. 4v2 in designated playing area, plus two support players. Four players resting. GK's switch as teams switch roles. Play begins with coach. 		<p>Coaching Points:</p> <ul style="list-style-type: none"> Find space and face the goal. Be prepared to move to the ball. Look to the side of the keeper. Choose your technique. Pass the ball low past keeper Be composed.
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To be used for the more skilled players. Eliminate Technique Session and add as final progression.

Description:

1. Coach serves a ball from the top of the penalty area to one of the red strikers who must try and score directly, or pass to a teammate to score. The strikers can also pass to one of the support players who must try and set up a scoring opportunity for one of the other strikers. The support players are limited to a maximum of three touches in which to pass. The defenders must try and prevent the reds from scoring and, if possible, win the ball and run it out of the penalty area for a point (3 points = goal). Play continues until a goal is scored or the ball goes out of play at which time the coach serves a ball into the strikers again. Teams switch roles every two minutes. Players switch roles within the groups also. Gather all balls in the penalty arc before restarting the game. Keep track of combined score.

Emphasis: Be composed and efficient. Receive the ball facing the goal. Pass the ball into the goal past the keeper.

