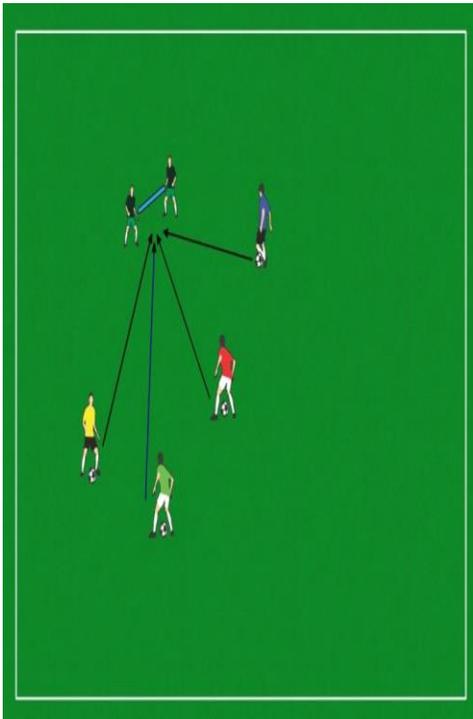


Striking the Ball

Warmup - 10 Minutes - Moving Goal



Setup: Setup a 20x 20 boundary for the players to play inside. You need 1 penny for 2 players to hold. Each player that does not make up the goal needs a ball.

Instruction: 2 players are holding a penny and pretending to be the goal. They can move any way they want at any speed. The object of the game is for the shooters to try to score between the players holding the penny.

The shooters can only shoot from the front side of the goal. A goal is worth 1 point, play for 2 minutes and switch out the players holding the penny. Play 3 rounds and see who has the most points at the end of all 3 rounds.

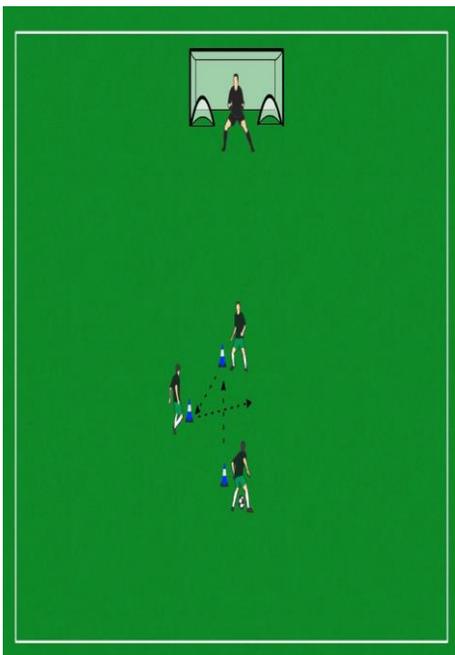
Encourage shooting when there is an opening, whether placing the ball or striking the ball.

Progression: Make 1 player a defender without a soccer ball. If they steal a soccer ball then the player who got their ball stolen becomes the defender.

Coaching Points:

- Place non kicking foot next to the ball and point your toes towards the goal.
- Bend your non kicking knee.
- Keep kicking knee over the ball.
- Point your toe down.
- Use the top of the foot (laces) to strike the ball.
- Keep eyes on the soccer ball.
- Hit through the middle of the ball to keep it low -do not kick through the bottom of the ball or it will go up.
- Land on your kicking foot to ensure that you are kicking through the ball.
- Approach the ball at a 45 degree angle.

Technical Drill 1 - 15 Minutes – Combination Shooting



Setup: Mirror the grids so players can get a lot of reps. Place a tall cone farthest from the goal (about 20 yards out). This line starts with the balls. Place a small disc directly in front of the tall cone, and one more small cone off to an angle from both of them (as shown) Use a big goal or make one with flags or tall cones and put 2 pug goals in each corner.

Instruction: Choose a goalie to start out in goal. Players at the tall cone are to pass the ball straight ahead, in which the player traps the ball and passes it to the player on the angle. The player on the angle will then pass the ball into space for the first passer. The shooter will now use their laces to shoot towards the goal. (use 2 touches to make it run smooth)

Competition: Play a competition between lines. Players receive a point by scoring a goal, players receive 2 points for scoring in one of the pug goals. Play the game to 10 points.

Coaching Points:

- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Point your toe down
- Use your top of the foot (laces) to strike the ball
- Keep eyes on the soccer ball
- Hit through the middle of the ball to keep it low – do not kick through the bottom of the ball or it will go up.
- Land on your kicking foot to ensure that you are kicking through the ball.
- Approach the ball at a 45 degree angle.

Power To Goal -15 Minutes

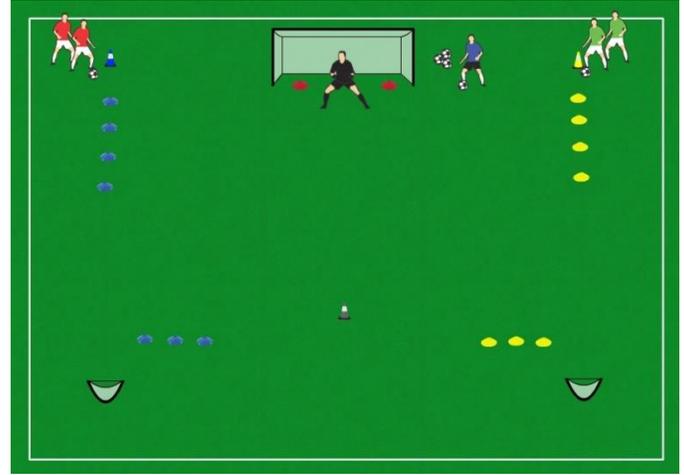
Setup: Set up a goal (whether with a big goal, flags, or tall cones) and put two pug goals by each of the posts in the goal. Make 2 lines (tall cones) about 5 yards away from each post. Place a line of small cones in front of that line along with a pug goal straight in front of the line about 10 yards away. Make a second line of footwork cones next to the pug goals. Place a tall cone between the two pug goals about 15 yards away from the goal.

Instructions: Players are to dribble through the ladder and shoot the ball into the pug goal. After the shot they are to do footwork through the small cones and run around the tall cone (green) and receive a pass from coach. Once they take a touch, they strike the ball at goal.

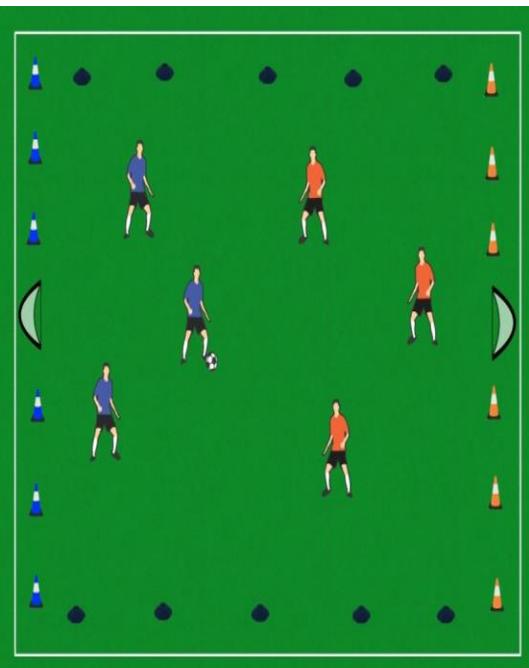
Competition: Each line will play to 20 points. If a goal is scored in the pug goal, 1 point is awarded. If a goal is scored in the main goal, 2 points are awarded.

Coaching Points:

- Approach the ball at a 45 degree angle.
- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Point your toe down
- Use your top of the foot (laces) to strike the ball
- Enforce using the inside of your foot to place the ball
- Focus on players opening up like a pass and swinging hard through towards their target. (placement)
- More advanced players can wrap their toe around the ball to create spin.



Scrimmage - 15 Minutes – Rapid Fire



Instruction:

Break the players up into teams of 2-3 players.

Place two big goals (flags/cones) on each side of the field (Field should be smaller than normal).

Play with goalkeepers. Object of the game is to take as many shots as possible.

Rule: Teams cannot take more than 3 passes before they take a shot. 2 Goals wins the game.

Promote Shooting!

Coaching Points:

- Encourage quick play after each goal.
- Place non kicking foot next to the ball and point your toes towards the goal
- Bend your non kicking knee
- Keep kicking knee over the ball
- Lean over the ball
- Point your toe to the sky.
- Use the inside of your foot to show proper placement technique.
- Hop with your non kicking foot

After spending the day on proper shooting technique, look for opportunities to stop play and acknowledge good execution of the day's technique. Identify players who still haven't mastered shooting