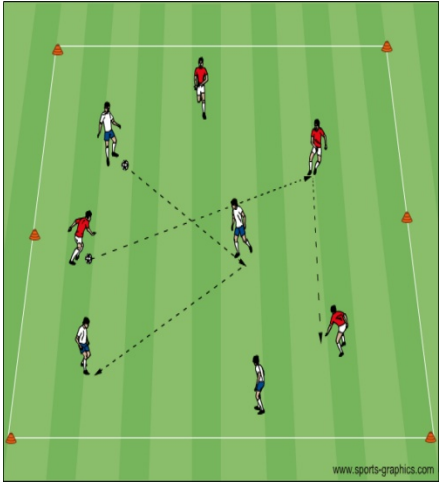
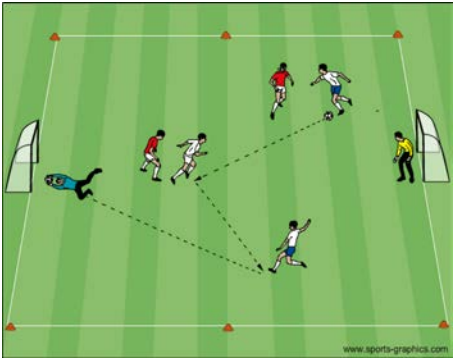
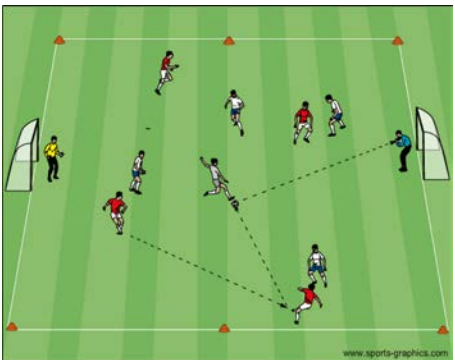




14U-18U *** Week 6

Topic: Shooting and Finishing

<p>Technical Warm up</p> 	<p>Organization</p> <p>Pass and Move: Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Body position and balance. Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot for quick/power or with the inside of the foot for accuracy and placement • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • 1st touch – Directional – Preparation touch to release the shoot/pass <p><i>Time: 15 minutes</i></p>
<p>Small Sided Game</p> 	<p>Organization</p> <p>2v2+1/3v3+1 (includes GK's): Two teams with two players each plus a neutral player will try to create as many shooting opportunities and score goals. The neutral player plays with the team in possession.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Rebounding <p><i>Time: 15 minutes</i></p>
<p>Exp. Small Sided Game</p> 	<p>Organization</p> <p>5v5+1/6v6+1 (includes GK's): Two teams of 5 players each plus a neutral will play to score as many goals as they can, taking as many shots and creating goal scoring opportunities. The neutral player will play with the team in possession and he can also score. Encourage players to shoot from distance.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception <p><i>Time: 20 minutes</i></p>
<p>Exp. Small Sided Game</p> <p>11v11 Scrimmage</p>	<p>Organization</p> <p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<p>Coaching Pts.</p> <ul style="list-style-type: none"> • All of the above <p><i>Time: 30 minutes</i></p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	