



Paul Clement - Shooting & Combination Play

Category: Technical: Shooting

Difficulty: Moderate

Am-Club: Savannah United
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Description

An academy session created by Paul Clement when he was at Chelsea.

Warm up (10 mins)

WARM UP (15 mins)

Players stationed evenly across 4 cones making a square. Approx 20 by 20 yards.

Pass 1: Diagonal ball across. Both players go at the same time. Eye contact before pass. No follow.

Pass 2: Straight pass then follow

Pass 3: Straight pass back then follow

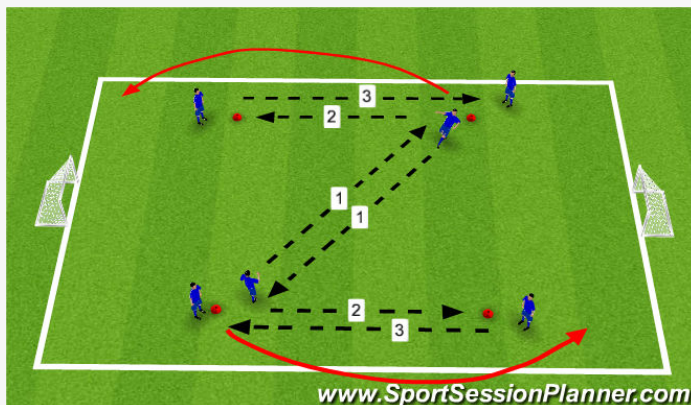
Repeat

Pass 1: Eye contact before pass. Play slightly ahead of receiving player.

Pass 2: Two touch. Push first touch in front in direction of pass. Pass to feet.

Pass 3: Two touch. Push first touch in front in direction of pass. Pass to feet.

In general: On toes ready to receive. Firm passes. Open foot, lock ankle and push through the ball.



Combination w/ shot (15 mins)

STAGE 1: COMBINATION & SHOT (15 mins)

Players stationed evenly across 4 cones making a square. Approx 20 by 20 yards.

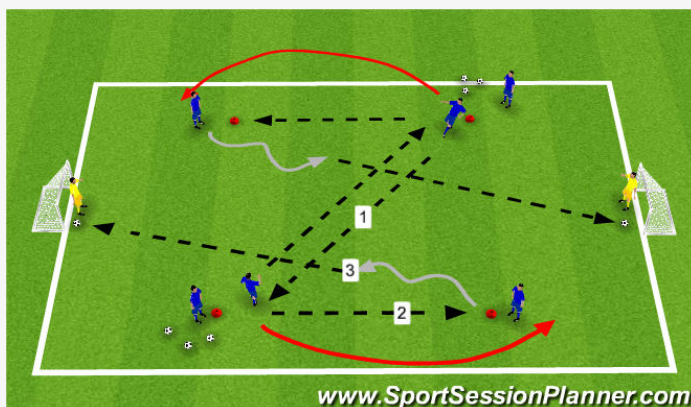
Pass 1: Diagonal ball across. Both players go at the same time. Eye contact before pass. No follow.

Pass 2: Straight pass then follow

Pass 3: Touch inside out in front. Two touches then strike at goal

Repeat

Same as warm up. Shooting player needs to take bigger touches to move towards goal at pace. Swing arms out, head and knee over ball. Toe pointing down. Lock ankle and follow through / land on shooting foot. Aim low and in corners.



Wall pass / layoff (15 mins)

STAGE 2: WALL PASS / LAYOFF & SHOT (15 MINS)

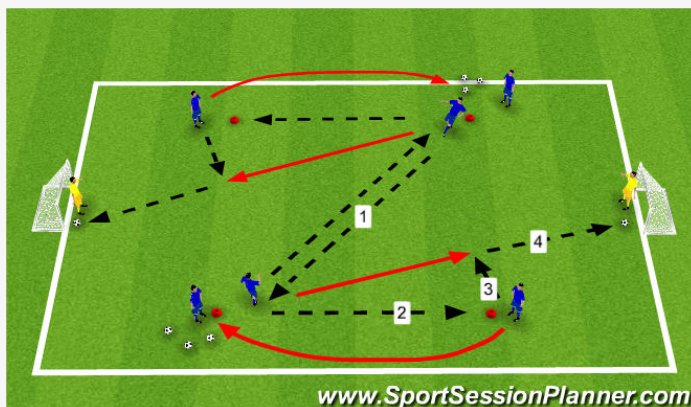
Players stationed evenly across 4 cones making a square. Approx 20 by 20 yards.

Pass 1: Diagonal ball across. Both players go at the same time. Eye contact before pass. No follow.

Pass 2: Straight pass then follow

Pass 3: Angled wall pass / layoff inside for shooting player to run onto. Join opposite line.

Shot: 1 touch. Head & knee over ball. Accuracy over power.



Cross & finish (15 mins)

STAGE 3: CROSS & FINISH (15 MINS)

Players stationed evenly across 4 cones making a square. Approx 20 by 20 yards.

Pass 1: Diagonal ball across. Both players go at the same time. Eye contact before pass. No follow.

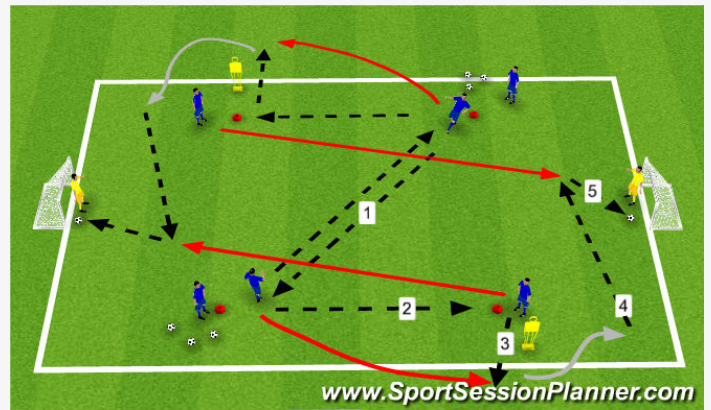
Pass 2: Straight pass then follow

Pass 3: Angled wall pass / layoff outside for crossing player to run onto. Join opposite line.

Cross: Carry ball towards end line. Low or high cross into oncoming players path.

Shot: First time finish with any surface.

Crosser can go low or high. Have a quick look before delivering. Be aware of keeper. Finisher needs to time run. Start slower then build up. Maximal speed at finish. However, if cross is poor they may have to adjust run backwards / away from goal. Accuracy over power.



Game (35 mins)

GAME (30 MINS)

* 5v5 Game

* No restrictions

* 3 backs

* Keepers do not punt

Coaching points based on the technical aspects of the practice.

