



WEEK 10



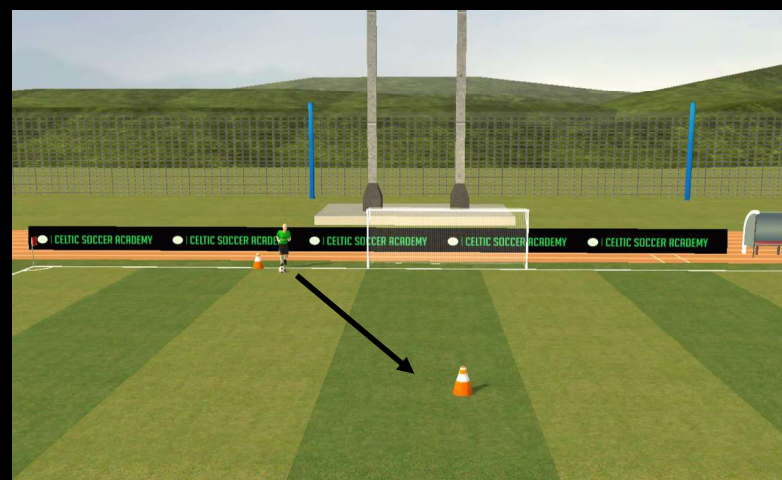
CELTIC FOOTBALL CLUB

Practice #37

(Control / Finishing)



- Place one cone roughly 10/15m away from the goal. Stand beside the goal with the ball at your feet.
- Flick the ball up, complete a few keepy ups and then kick the ball up in the air towards the cone and then run after it.
- As the ball lands, control it, turn to face the goal and then shoot at the target. Make sure and work your left and right foot equally.
- Challenge yourself to...
 - Add in 5 keepy ups before you shoot
 - To control the ball before it bounces
 - To control the ball and shoot in 2 touches
- Work for 2mins and rest for 1min. Focus on turning sharply and finishing into the corner of the goals.



Practice #38

(Control)



- Keepy Up Challenge – Single Leg
- The challenge this week is to flick the ball up and see how many keepy ups you can complete just using one leg. Make sure and alternate what leg you are practicing with.
- Once you can manage over 20 see how many you can do without touching the ground with the leg you are using to keep the ball up with. This will also help improve your balance and core stability.
- Challenges
 - How many can you complete in 30secs?
 - What's best score without the ball dropping?
 - Can you add in a trick without making a mistake?
- Make sure and spend at least 15mins practice working through the above challenges!



Practice #39

(Finishing)



- Become a dead ball specialist (Penalties & Free Kicks)
- Lay out cones at a variety of places that would allow you to replicate finishing practice for both free kicks and penalties.
- From each position practice shooting at both sides of the goal as the technique will differ slightly.
- Again how does the technique differ if you are aiming low or high?
- Take at least 10 shots from each position and see how many you score. Challenge yourself by adding targets in the goal or by adding a goalkeeper if you have someone to work with.
- Alternatively, practice for 2mins at each cone and see how many you can score. Then try again and see if you can beat your score!





Practice #40

(Passing / Finishing)

- Set up a 3/3m box roughly 10/12m away from the goal. Have your partner stand beside the goal with the ball. You stand inside the box.
- Get your partner to pass the ball to you in the box. Control the ball, keeping it in the box and then shoot at goal. Aim to do this in as many touches as possible.
- Vary the pass into the box. Ask your partner to pass it soft, hard, throw it, chip it in etc so that you have to work on your control, particularly your first touch.
- Progress to volleys and half volleys for variation. The feeder could also become to GK after the pass out.
- Switch places every 10 shots, work both your left and right foot & set challenges between you and your partner.

