



Academy Session - Week 5 Sunday

Category: Technical: Shooting

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

Leg Snap Demo (15 mins)

Leg Snap Demo

Objective: Breaking down shooting mechanics in order to comprehend specific movements

Focus: Heel to butt to maximize power, balance, using the laces, locked ankle when toes are pointed to strike, landing on kicking foot

Setup:

- 25x25 open area
- Every player with a ball after progression
- Coach with a ball to demo

Action:

- Players begin without a ball so coach can demo body mechanics (see below)
- Once body mechanics have been presented, every player grabs a ball and is shown the leg snap w/ ball technique
- Leg Snap W/ Ball - Players do a light toss of ball in front of them, raise one knee in front, snapping the ball with their laces STRAIGHT LINE in the air, attempting to get ZERO spin on the ball, then catch the ball in their hands. All should be done with NO BOUNCE. This should be a very light strike of the ball.
- On coaches command, for 30 seconds, each players pops the ball in the air and catches as many times as possible. Give a clap to the player with the highest score! Repeat 3 times

Body Mechanics (practice both feet):

1. (Loading Phase) Standing in place, have the players stand on one leg with one hand holding the shooting foot behind their butt (think 'high stretch'). Ask the players to flex their leg and put pressure on the hand holding their foot. This will let them see where power is developed and how we begin the "snapping" portion of a shot.
2. (Balance Phase) Repeat previous step, but now ask players to take a few steps, then hop into their loading phase to demonstrate balance and control. Arm not holding the foot should be out and away from the body for balance. Challenge the players to hold the loading phase for 3-5 seconds without tipping over! Plant leg should be slightly bent, not straight.
3. (Snap Phase) Repeat the loading phase, standing in place, but now ask the players to point their toe, flex into their hand, but now release the foot and snap down towards an imaginary ball. Can they now demonstrate a quick snap without using their hand???
4. (Follow Through Phase) Ask players to combine everything they learned but now with a follow through, then landing on their kicking foot



LandMines (20 mins)

LandMines

Objective: Breaking down shooting mechanics in order to comprehend specific movements

Focus: Heel to butt to maximize power, balance, using the laces, locked ankle when toes are pointed to strike, landing on kicking foot

Setup:

- 18x35 grid
- Age group split into 2 teams, both in 2-3 separate lines
- Each group with a good amount of soccer balls

Action:

- Perform practice phase where players get plenty of reps practicing their shooting technique
- Each team has one line dribble, perform a skill, then dribble through the landmines before shooting on goal
- Players must shoot before the shooting line and cannot touch a landmine
- Next player in line can begin once the previous player has struck the ball
- 2pt for goals scored where the ball hits the back of the net with no bounce, 1pt for all other goals
- -1pt for every landmine hit
- Teams compete for 3 minute rounds, add up their total score
- Play 3-4 rounds



Shooting Range (20 mins)

Shooting Range

Objective: Breaking down shooting mechanics in order to comprehend specific movements

Focus: Heel to butt to maximize power, balance, using the laces, locked ankle when toes are pointed to strike, landing on kicking foot

Setup:

- 30x30 grid
- 1 big goal, 2 counter goals
- 15x15 grid inside the grid
- Allow for 8-15yds between grid and big goal (depending on age group)
- 2 equal teams

Action:

- Play begins with coach playing ball into 2v2 inside the grid
- Teams compete for 3 balls, then switch the teams
- Goals only count if shot is from inside the 2v2 grid
- Rotate the goals that teams are attacking



Scrimmage (20 mins)

Scrimmage (5v5 or 4v4)

Objective: Breaking down shooting mechanics in order to comprehend specific movements

Focus: Heel to butt to maximize power, balance, using the laces, locked ankle when toes are pointed to strike, landing on kicking foot

Setup:

- 30x30 grid
- 1 big goal, 2 counter goals
- Shooting line 8-15yds from big goal
- 2 equal teams

Action:

- 4v4 or 5v5 scrimmage
- Team attacking counter goals - 1pt for each goal
- Team attacking big goal - 2pt for each goal
- Play 5 minute rounds, switch direction teams are attacking

