



Academy Session - Week 7 Sunday

Category: Technical: Shooting

Difficulty: Moderate

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

Proper Surface WarmUp (15 mins)

Proper Surface

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:

- 20x20 grid with cones randomly placed inside
- Players inside without a player

Action:

- 5-6 repetitions - (Warm-up) Asking players to jog, shuffle, or slide within the grid and touch different cones for 30 seconds. Introduce 5-6 dynamic stretches afterwards.
- 1-2 repetitions - Players to perform proper leg snap mechanics while jogging around (both legs)
- 1-2 repetitions - To force the players to point their toe, ask players to jog and strike a cone using the leg snap technique. Focus on pointed toe and follow through.



Shooting Slalom (20 mins)

Shooting Slalom

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
- 3-4 separate lines with cone slalom in front
- Shooting line 7-10yds from goal

Action:

- Begin with practice rounds to allow for several opportunities to shoot
- Players dribble through cone slalom followed by a shot before shooting line
- Next line can begin once previous line gets through their cones
- Player who just shot becomes GK for next shooter, grab ball and return to same line
- Competition Phase - First team to 10 wins
- Progression - 2pt for goal in the air, 1pt for all others



Strikers Dream (20 mins)

Strikers Dream

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:

- 25x20 grid
- 3 separate teams

Action:

- Teams play 2v2, 3v3, or 4v4 + GK
- Team that isn't playing is spread along outside of grid as 'bumpers'
- Coach passes ball into grid to begin
- Bumpers act as neutral players but cannot shoot
- Rotate teams after 1 team scores 3 goals



World Cup (20 mins)

World Cup

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:

- Open area in front of large net
- Separate into teams of 3-4
- All soccer balls to sides of net
- Create a theme that each team can use to name themselves... countries, candy, kitchen utensil, etc....

Action:

- Coach begins by playing ball into field containing every team
- Teams attempt to score on goal to advance to next round
- Once a team scores, they are sent off until next round
- Last 1-2 teams DO NOT advance
- Continue rounds until you have 1 champion team

Try to make 5-6 teams total to allow for multiple games of World Cup

