



Academy Session - Week 8 Sunday

Category: Technical: Shooting

Difficulty: Moderate

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

Ball Mastery Warmup (15 mins)

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

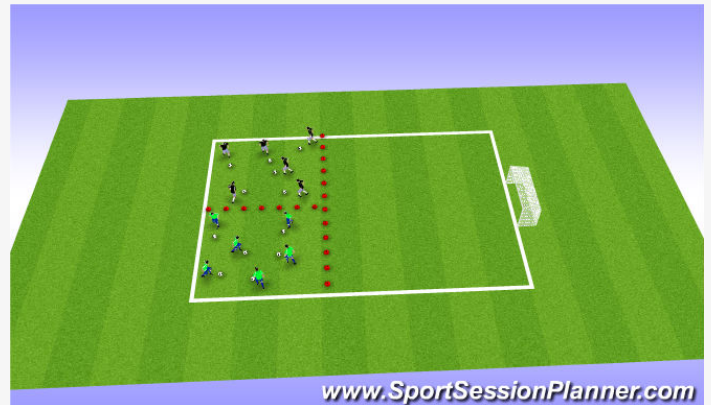
Focus: Heel to butt to maximize power, balance, using the laces, locked ankle when toes are pointed to strike, landing on kicking foot

Setup:

- 2 equal teams, every player with a ball
- Two adjacent 12x12 grids placed 12-18yds from goal (age dependent)

Action:

- Each team has a played number 1-6 and has a ball.
- When you number is called the played from each team much take a touch out of the box then shoot on goal.
- Point scored for your team if it goes in without touching the ground.



Expanded Shooting (20 mins)

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:

- 2 equal teams, every player with a ball
- One 24x11 grid placed 12-18yds from goal (age dependent)

Action:

- Add a GK to previous activity
- Players pass and move with the corresponding number from the opposite box
- When number is called, whoever has the ball goes to goal the other defends
- 1 point for scoring past keeper.



Launch Pad (20 mins)

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:

- Split age group into 3 separate teams
- One 24x11 grid placed 12-18yds from goal (age dependent)

Action:

- Team 1 attacks, Team 2 defends, Team 3 rests
- Team 1 possess the ball inside the grid with 5-7 players
- Team 2 defends with 2 players inside the grid, 2 outside, 1 GK
- After Team 1 gets 2 passes, they can attack goal
- 4pts for scoring inside the grid, 1pts for all other goals
- Attack team gets 6 balls, then rotate teams

Possible Alteration: If attacking team is struggling to possess the ball, have the defenders hold hands or use only 1 defender to allow for more success



King of The Hill (20 mins)

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:

- Split age group into 3 separate teams
- One 24x11 grid placed 12-18yds from goal (age dependent)

Action:

- Teams play 3v3, 4v4, or 5v5 inside the grid
- 4pts for scoring from inside the grid, 1pt for all others
- Teams play to 4pts, winners stay on

