



Academy Session Week 6 Tuesday

Category: Technical: Shooting

Difficulty: Difficult

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

Dynamic Tag + Leg Snap Demo (15 mins)

Dynamic Tag + 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 dynamic tag and leg snap demo
- Coach with a ball to demo

Action:

- To warm up the body, have every player with a bib in hand. Alternate between 15 seconds of jogging and dynamic stretch of coaches choice. Perform 5-6 stretches.
- **BIB TAG** - Give the players 30 seconds to "tag" as many players knees with the bib they have. Repeat two more times, asking to "tag" a different part of the body

Leg Snap Demo:

- 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 verylight strike of the ball.
- On coaches command, for 30 seconds, each players pops the ball in the air and catches as manytimes 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 'thigh stretch'). Ask the players to flextheir 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 bodyfor 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, flexinto 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



Shooting Ladders (20 mins)

Shooting Ladder

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:

- Create 3 zones (3yds/zone) at shooting distance appropriate to age/ability
- Zone 3 should challenge the players, but not be impossible
- Two equal teams, split between post and outside shooting zones

Action:

- Teams begin by passing ball out to teammate beyond zone 3
- Player receiving the ball gets 2-3 touches before striking the ball on goal
- Player follows their shot, collects the ball, then rotates to other line
- Allow players to get several shots before advancing to competition phase
- Player MUST take 1st touch beyond Zone 3

Competition Phase:

- Teams compete, first team to 15pts
- Zone 1 = 1pt, Zone 2 = 2pts, Zone 3 = 3pts
- *If Zone 3 proves to be easy, add a Zone 4*



Ladder Shooting Range (20 mins)

Ladder 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
- 2 big goals
- 15x15 grid inside, w/ 2 additional zones marked in front of goal
- Allow for 8-15yds between Zone 1 and big goal (depending on age group)
- 2 equal teams w/ GK's

Action:

- Play begins with coach playing ball into 2v2 inside the grid
- Rotate teams out every ball
- Zone 3 = 3pts, Zone 2 = 2pts, Zone 1 = 1pts
- Teams compete to 15-20 goals



King of The Hill (20 mins)

King of the Hill

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:

- 30x50
- Shooting line 7-12yds away from goals (age appropriate distance)
- Split into 3 equal teams w/ GK

Action:

- Teams play for 3 minutes or first to 4pts (whichever comes first)
- Winning team stays on, new team enters
- First team to 4 total games won is the champion
- Shot must be before shooting line
- Zone 2 = 3pt, Zone 1 = 1pt

