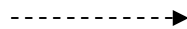



Key:

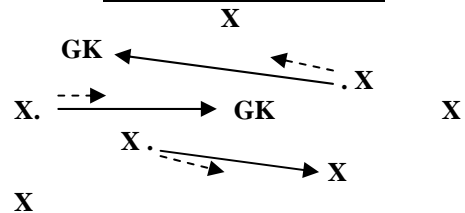
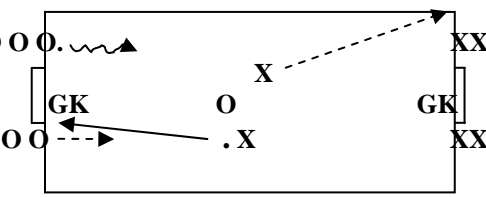
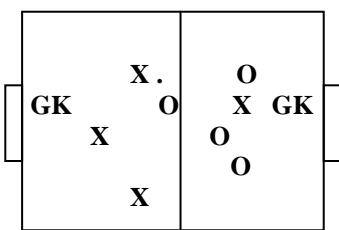
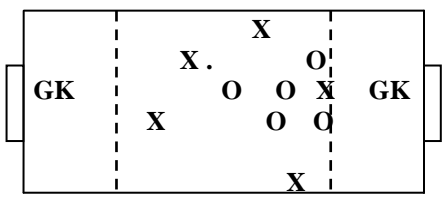
Running without the ball 

Running with the ball 

Pass 

TOPIC: How and when to shoot/finish with accuracy

MYSA 'D' License Course

<p align="center"><u>Technical Warm-Up</u></p> 	<p align="center"><u>Organization</u></p> <p>Free space</p> <ul style="list-style-type: none"> • Multiple balls, strike and move • GK's catch and distribute • Both feet, vary surfaces incl. instep • Vary driven/bending balls • Increase distance and power 	<p align="center"><u>Key Coaching Points</u></p> <ul style="list-style-type: none"> ✓ Plant foot to the side of ball ✓ Ankle locked, toe down if driven ✓ Proper contact point on ball ✓ Knee/chest/eyes over ball ✓ Follow through at target ✓ Follow strike towards target (rebounds)
<p align="center"><u>Small Sided Activity</u></p> 	<p>36x20</p> <ul style="list-style-type: none"> • 2v1 counterattack game • 2 attack with a ball from endline • When ball goes over endline or GK holds it 1 stays to defend v 2 new attackers; players decide which one stays (for add'l problem solving) 	<ul style="list-style-type: none"> ✓ Speed of play (dribble at speed to commit defender; be decisive) ✓ Shooting technique ✓ Choice of finishing surface and power ✓ Follow through for rebounds ✓ Cues to shoot, pass, or dribble
<p align="center"><u>Expanded Small Sided Activity</u></p> 	<p>36x44</p> <ul style="list-style-type: none"> • 4v4 w/ halflines, 1v3 in each half • Option 1: Players stay in own half • Option 2: One player can cross halflines on pass to striker • Option 3: Remove halflines restrictions 	<ul style="list-style-type: none"> ✓ First look to shoot/penetrate ✓ Quality of preparation touch ✓ Shooting technique, esp. from distance (laces, low follow through) ✓ Mentality for finishing/rebounds ✓ Angles of support ✓ Maintain depth and width
<p align="center"><u>Game to Big Goals</u></p> 	<p>50x44</p> <ul style="list-style-type: none"> • 6v6 incl GKs • Restraining (offsides) lines at 18's 	<ul style="list-style-type: none"> ✓ Shooting technique under time/space limitations (strike ball in stride) ✓ First look to penetrate ✓ Maintain depth and width ✓ Finishing mentality – risk in final 1/3