

Each session should be split into components:

Purpose:

JUGGLING	~5 minutes	Engage the players as soon as they arrive. Ball touches!
SKILL INTRODUCTION	~ 10 minutes	Introduction of the core skill and warm up
SKILL TRAINING	~ 20 minutes	Repetition of skill in a game like scenario
SKILL GAME	~ 20 minutes	Small sided games with a focus on the core skill

AREA: 30m x 20m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

FOCUS: SHOOTING – Scoring chances

JUGGLING

Each player with a ball, completing juggling exercises.

SHOOTING TECHNIQUE

WHAT WE WANT?

Throughout this session we want each player to make 50 striking the ball contacts!! Right & Left foot

TECHNIQUE:

1. The 'non-striking' foot should be planted next to the ball, toes facing forwards
2. The 'striking' foot, should swing forward from a deep position
3. As the striking foot is swinging forwards, the opposite arm to the foot should be held out for balance. Ask your players to pretend they are in an arm chair, with both arms forming this pose as they swing their foot
4. Connect with the ball using either the inside, or shoelaces of the foot. Keeping the ankle locked and strong
5. Swing the foot through the ball, and follow through

SKILL INTRODUCTION – INSIDE - OUTSIDE

SET UP:

Set up as shown.

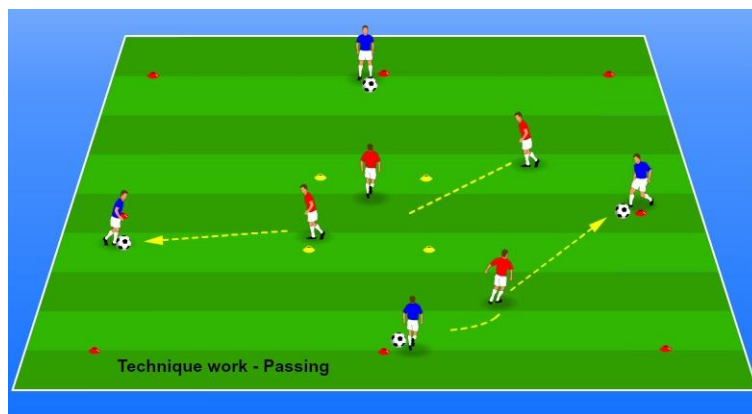
Split players into two teams, one on outside with balls and the other on inside without balls.

EXERCISE:

Players on the inside must approach an outside player, receive a pass and pass back.
After 60 seconds swap the inside/outside players

PROGRESSIONS:

Players must use their RIGHT / LEFT foot only
Players must execute a volley / half volley / chest and pass / thigh and pass back / header etc...



COMPETITION – How many passes can you complete in 60 seconds?

Include a passive defender to add pressure

SKILL TRAINING – 2 vs 1

SET-UP:

Set up one normal size goal at one end of your area.

At the other end set up two cones roughly 2m apart or a small goal.

Have 2-3 defenders behind the normal size goal (red).

All other players stand behind the cones (blue).

EXERCISE:

Defenders / Coach play the ball to the attackers (BLUE).
TWO attackers play against ONE defender

PROGRESSION:

Rotate roles regularly

Serve the ball in from different angles

Progress to a 3 vs 2

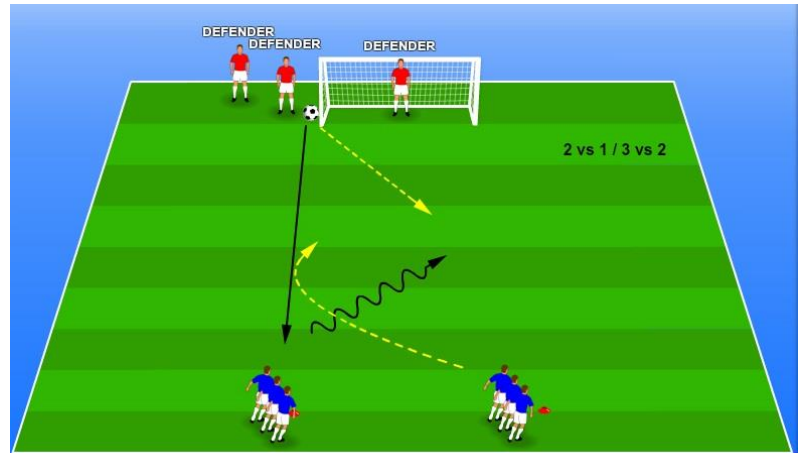
WE WANT LOTS OF SHOTS!

CHANGE IT:

Taking too long? – Have a 10 sec time limit
 Players are kicking it? – Have a 'scoring zone'
 Players are not scoring? – Make the goal bigger

COACHING POINTS:

Correct shooting technique
 Accuracy
 Power/weight/firmness of shot
 Empower your players to TRY!



SKILL GAME – KING OF THE HILL / CAGE / SHOOT ON SIGHT

SET UP:

Define a 30m x 20m field.
 Split players in THREE teams.

EXERCISE:

IF 2 teams only – Play 2 min game. Loser does a punishment

IF 3 teams – Play 90 second game, or first to 2 goals. The winner stays on!

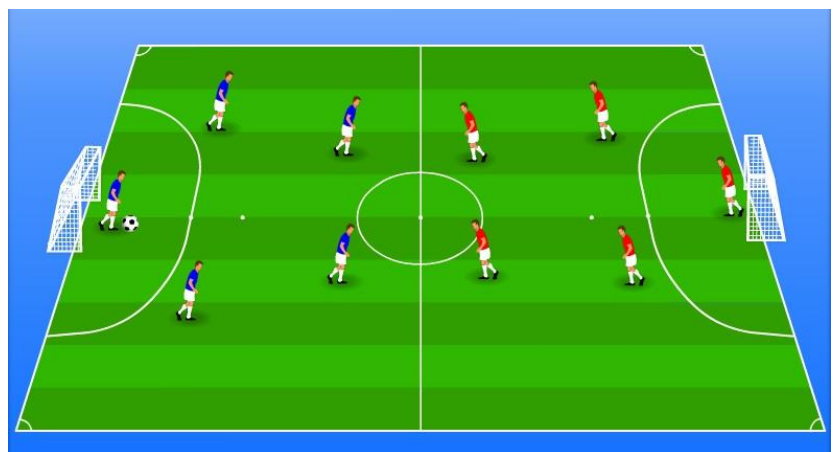
COACHES ROLE:

Encourage lots of shooting.

Be energetic and FUN

Observe to see if any players have improved their shooting technique.

If required, stop the game and question the players to test understanding.



Coach – Jump in goal if needbe

COACH REFLECTION

Did you keep the players engaged?

Did you demonstrate or use role models?

Do you think the players learnt something?

Did the players enjoy the session?

What would you improve / do differently next time?

Can you **C . H . A . N . G . E . I . T ?**