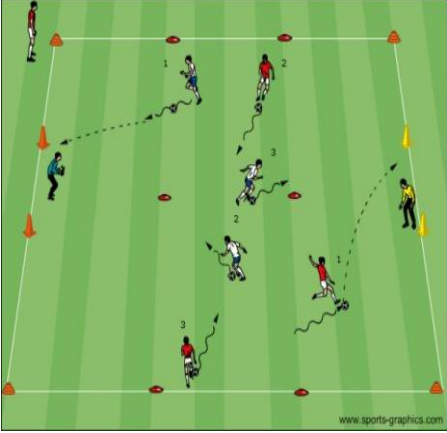




## Topic: Shooting II

**Objective:** To improve the technique of players to strike a moving ball to goal with the instep and the inside of the foot

Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> <li>• Shooting technique of a moving ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>Popcorn (15 min):</b> Two goals with GK's set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player(s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>	<ul style="list-style-type: none"> <li>• Proper technique of shooting with the instep and the inside of the foot</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
<p style="text-align: center;"><b>Exp. Small Sided Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
	<p><b>Blank Out Finishing Game:</b> Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<ul style="list-style-type: none"> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
<p style="text-align: center;"><b>Game</b></p>	<p style="text-align: center;"><b>Organization</b></p>	<p style="text-align: center;"><b>Coaching Pts.</b></p>
<p style="text-align: center;"><b>6v6 Scrimmage</b></p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
<p style="text-align: center;"><b>COOL DOWN</b></p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching &amp; review session –<b>Time 10 min.</b></p>	