

Topic: Striking Lofted and Driven Balls (Long Balls)

Objective: To introduce the players to the technique of striking lofted and driven long balls

| Technical Warm up | Organization | Coaching Pts. |
|---|---|---|
| | <p>High & Long: 2 players are at opposite ends behind a goal in a 10x20 yard grid, and try to score points by striking the soccer ball through the two goals without the soccer ball bouncing and/or rolling before crossing the goals. A player scores 3 points for every lofted/driven ball he/she strikes successfully. Receiving players can catch the ball.</p> <p>Version 2: The player taps the ball forward to strike it long</p> <p>Version 3: Use the other foot</p> | <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Lean the body back when striking the ball • Strike the lower part of the ball and follow through towards target landing on shooting foot <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| | <p>Over the Middle: 2 players at the ends of a 15x30 yard grid are trying to hit soccer balls over the player in the middle. When the player in the middle intercepts or catches the soccer ball, he/she will change positions with the last player who struck the ball.</p> <p>Version 2: The middle player serves the ball to the kicking player</p> | <ul style="list-style-type: none"> • Technique of striking a ball served to you • Hitting the ball with the inside of the foot to curve it • Hitting the ball straight <p style="text-align: right;">Time: 15 minutes</p> |
| <p style="text-align: center;">Exp. Small Sided Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| | <p>3v3 +Targets - Go Long: In a 20x40 yard grid with targets, two teams are trying to score by striking long balls to the target. If the target catches the ball without bouncing before entering his/her zone, the attacking team scores a point.</p> | <ul style="list-style-type: none"> • Technique of striking a long ball • When <ul style="list-style-type: none"> ○ When you have no pressure ○ On the run ○ To get behind defenders <p style="text-align: right;">Time: 20 minutes</p> |
| <p style="text-align: center;">Game</p> | <p style="text-align: center;">Organization</p> | <p style="text-align: center;">Coaching Pts.</p> |
| <p style="text-align: center;">6v6 to 8v8 Scrimmage</p> | <p>If 6v6, play in a 45x60 yd. field. If 8v8, play in a 55x80 yd. field. Play with Goalkeepers and encourage them to communicate with teammates.</p> | <ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p> |
| <p style="text-align: center;">COOL DOWN</p> | <p style="text-align: center;">Activities to reduce heart rate, static stretching & review session –Time 10 min.</p> | |