



<b>Theme of Session:</b>	<b>SHOOTING</b>
<b>Week:</b>	<b>WEEK THREE</b>

Section	Time	Games / Skills	Coaching Points
(1) Warm -Up	0-15	<ul style="list-style-type: none"> <li>•Fast Walk the field with the ball</li> <li>•Juggle for five minutes</li> <li>•One Touch with partner</li> <li>•Stretching Exercise in a group</li> </ul>	
(2) Skill Building	15-45	<p><b>A. The Basics - Sit Down</b></p> <ul style="list-style-type: none"> <li>• Everyone sit down</li> <li>• Each player has a ball</li> <li>• Lock Ankle - Kick Up</li> <li>• Progression -</li> <li>• Stand Up- Volley into net... keep ankle locked</li> </ul> <p><b>B. "TEN IN A ROW"</b></p> <ul style="list-style-type: none"> <li>• Ten balls in a row, one yard apart, at goal line</li> <li>• Ten kicks into the net</li> <li>• Progression:</li> <li>• One defender/lateral movement only</li> </ul> <p><b>C. Shooting Game - CATS</b></p> <ul style="list-style-type: none"> <li>• Two goals in modified field (45 x 55)</li> <li>• Two Groups - opposite end of a modified field ... and opposite sides</li> <li>• Receive pass from opposite coach...trap, dribble, shoot</li> <li>• Go to end of new line</li> <li>• Progression:</li> <li>• Stay on same team, after shot you become a defender</li> </ul> <p><b>D. Receive &amp; Shoot</b></p> <ul style="list-style-type: none"> <li>• Two goals in modified field (45 x 55)</li> <li>• Two groups - opposite ends...and opposite sides</li> <li>• Receive 'Long Ball', settle, and turn and SHOOT</li> <li>• Return to same line</li> </ul>	<p><b>Technique</b></p> <ul style="list-style-type: none"> <li>• Approach - 45 degree angle</li> <li>• Eyes on the ball</li> <li>• Plant foot next to ball - Don't reach</li> <li>• Planted foot to the target</li> <li>• Ankle rigid / locked DOWN</li> <li>• Knee over the ball</li> <li>• Instep</li> <li>• Strike ball at the equator</li> </ul> <p>Disciplined/methodical</p> <p>FOCUS ON TECHNIQUE !!!</p> <p>THROW BODY THROUGH THE BALL</p>



<b>Theme of Session:</b>	<b>PASSING (page 2)</b>
<b>Week:</b>	<b>WEEK ONE</b>

Section	Time	Games / Skills	Coaching Points
(2) Skill Building	45-60	<p><b>A. Close Eyes Game</b></p> <ul style="list-style-type: none"> <li>All Players in the middle of modified field (45 x 55)</li> <li>Two lines going to goal</li> <li>Player closes eyes</li> <li>Coach throws ball to goal</li> <li>When player hears ball hit ground, attack the goal and SHOOT</li> </ul> <p><b>B. Shooting Mania</b></p> <ul style="list-style-type: none"> <li>3 flags at center circle representing three goals</li> <li>Split up into two teams</li> <li>Four cones at edges of penalty area</li> <li>Can not go inside of center circle</li> <li>Must 'clear' ball around cones</li> <li>Progression ; two</li> </ul>	HIGH ENERGY
(3) Scrimmage / Play	60-75	TBD on time	
(4) Cool Down	70-75	<ul style="list-style-type: none"> <li>Juggle</li> <li>Light Stretching</li> </ul>	
(5) Skull Session	75-90		