



Target Ball

Level: Warm Up with Ball

Objective: Accuracy of a shot

Organisation:

Set out a 30x20 playing area, Split into 2 teams. Each player has a ball and the teams line up on opposite sides of the grid. Place a number of cones (depending on the size of the teams) in the middle of the grid in a line. The object of the game is for each player to pass their ball at the cones to knock them over. Players from each side use the balls that come from the opposite side to continue passing.

Progression:

Increase the difficulty by adding less cones or by placing them further away from the players. Keep score for

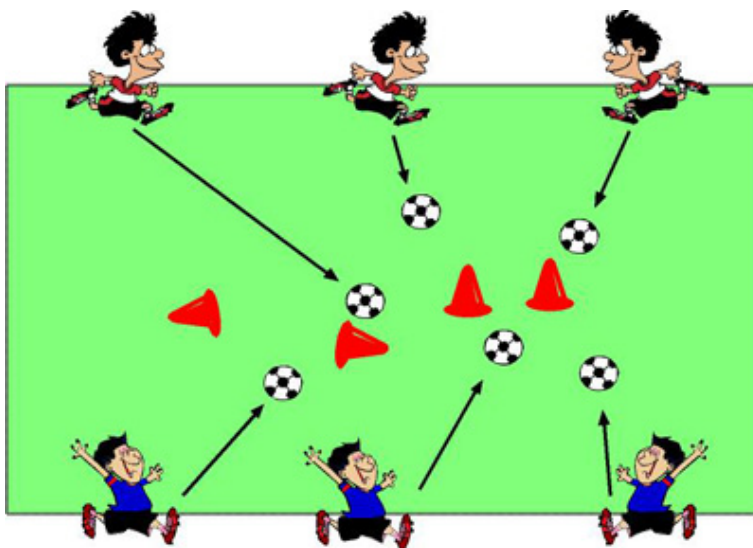
Coaching Points:

1: ABCs of finishing: Adjust bodyshape in line with the ball and goal; Basic technique ball out to the side of your feet and strike through the ball; Cleverness inventive ways to get the ball past the keeper.

2: Accuracy and technique over power, aim for the corners of the goals - Time the shot

3: Develop the accuracy using both feet before improving the power of the strike

4: Inside of the foot for accuracy and laces for power





Pirate Pete and his Pesky Parrot

Level: Technique with Passive Pressure

Objective: 1v1 attacking to shoot

Organisation:

Set out a 20 x 20 area with one goal. Position 2 teams in opposite corners on the goal-line. Place a gate 3 yards wide at the opposite end of the grid. On command of the coach one player from each corner has to run around the cones and through the bottom gate. The players then compete to win the ball and try to score in the goal.

Coaching Points:

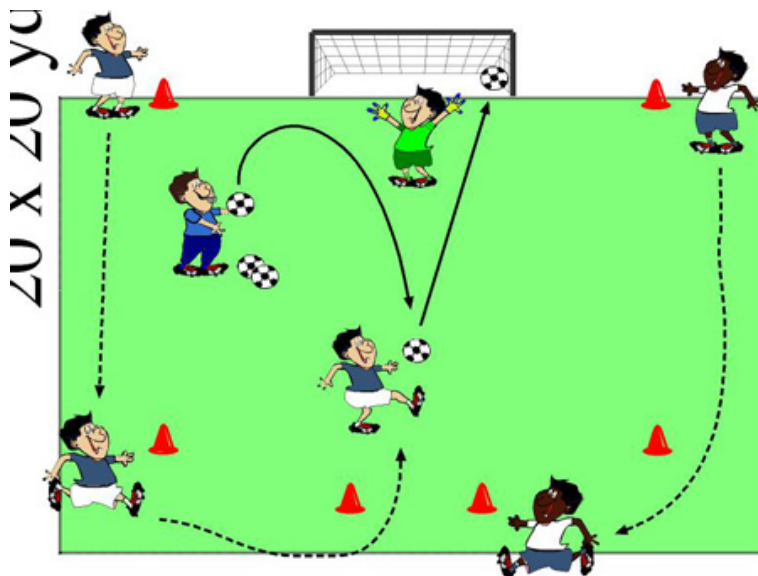
1: ABCs of finishing: Adjust body; Basic technique; Cleverness Use inventive ways to get the ball past the keeper.

2: Shoot on sight: Remember you don't have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Positive: Run at the defender at pace and use a move to create a shooting opportunity.

5: Anticipate: Look for rebounds off the GK.





Dribble to Shoot

Level: Technique with Full Pressure

Objective: 1v1 to a goal

Organisation:

Set up a 35 x 20 yard area. Make a group of 4 players (3 attackers v 1 defender) or a group of 6 players (4v2) within the area. The attackers attempt to keep possession from the defender(s) by moving and passing to their team mates. The attackers may move around the grid, but must stay inside. For every six consecutive passes, the attackers receive one point. If the defenders win the ball they should attempt to keep possession as long as they can. Change the defenders every 2-3 minutes and keep score of each groups points for the winning team.

Coaching Points:

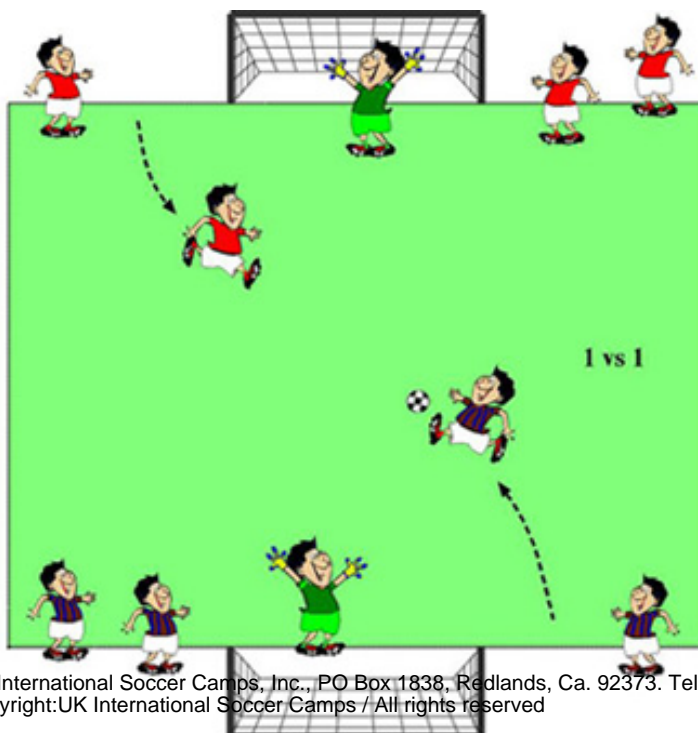
1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.

3: Accuracy before power: Build up power of strikes.

4: Anticipate: Look for rebounds off the GK.

5: Create space: Width and depth to attack. This creates more space and passing / shooting options.





Central Goal

Level: Small Sided Game

Objective: Changing point of attack to score.

Organisation:

Set out an area approx. 50 x 50 yards Place four goals back to back in the center. GKs defend their back-to-back goals. Play 5v5 (or adapt with you numbers). Reds try and score in top and bottom goals and Blues in left and right goals.

Coaching Points:

1: Accuracy before power: Build up power of strikes

2: Create space: Width and depth, interchanging position, combination play ideas.

3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.

4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.

5: Positive: Run at the defenders diagonally to open up space.

6: Anticipate: Look for rebounds off the keeper.

