

ACTIVITY #1

Set up: SSG - 3 V 2

Players are divided into 4 teams. 2 teams defend one net
Goals are close together to encourage quick shooting

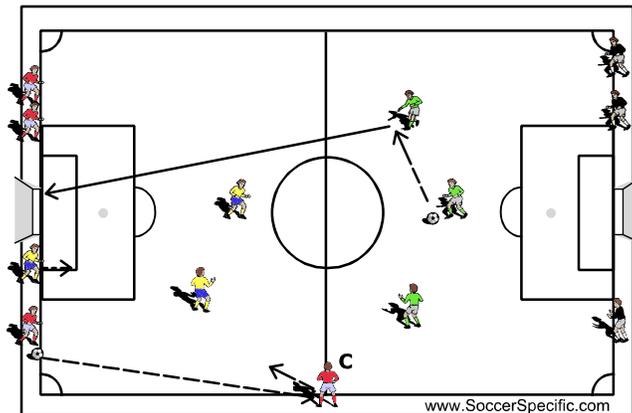
Instructions: Game is always played with a numerical advantage. ie 3 V 2

Team with 3 receive ball from coach and attempt to make a strike on goal. Once a shot or loss of possession occurs the 3 attacking players quickly leave the field. They are replaced by 2 players from behind their net who become defenders.

The original 2 players that started as defenders on other team are now joined by another teammate from behind their net to become 3 attacking players. Ball must be played to coach for wall pass to start the transition. This allows time for new defenders from other team to gain the field.

Drill becomes continuous

Coaching Points: encourage player movement. Only looking for shooting lane and quick strikes on goal. Players behind goal must stay alert to facilitate quick transitions from defense to offense



ACTIVITY #2

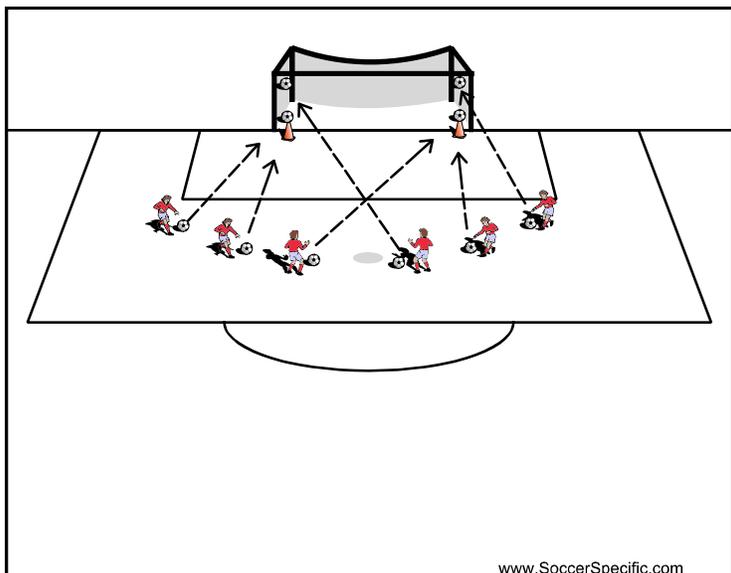
Set up: Target Practise

Have targets set up in the goal. Every player has a ball and is positioned at an appropriate distance from the net to have success hitting the target.

Instructions: All players shoot at target one at a time. All players shoot before anyone retrieves their ball

Coaching Points: For younger players place ball on cone for them to knock over.

Can use pinneis or balloons hanging from net for targets
Encourage proper contact with position on their foot. Instep for low targets and side laces to get under ball for higher targets.
encourage players to keep head down and make good contact with ball



ACTIVITY #3

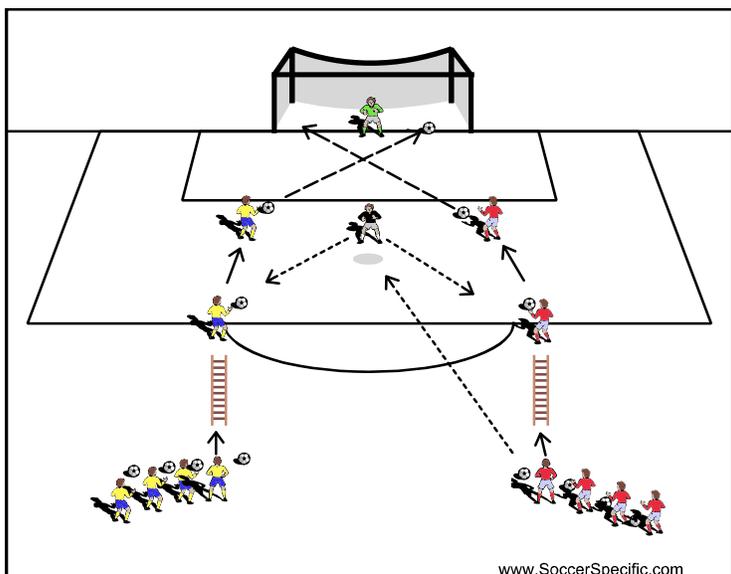
Set up: Shoot Across the Goal

Players are divided into 2 groups outside the 18 yard box in line with the 6 yard box extended. Coach or player in the middle to act as a wall pass. Place ladders or cones in front of the 2 lines of players.

Instructions: Alternating Lines players play a pass to the middle then proceed through the ladder or around a series of cones. Upon exiting they receive a return pass and take a touch towards goal. A shot is taken with the object to shoot across goal to opposite corner.

Coaching Points: Smaller players you can eliminate the initial pass and have a ball waiting for the player to run onto when they exit the ladder.

In order to shoot across goal they must use both left and right foot



ACTIVITY #4

Set up: Place 6 cones in a diamond shape pointing towards net. Mirror image can be done the other way. Players are split on both sides with one player in the middle.

Instructions: Pass is played into middle player. Passer follows pass to replace middle player. Once pass is received player turns to pass to opposite side and then makes diagonal run to receive return pass. Finish with shot on net.

Coaching Points: Promote accuracy of second pass to allow receiving player to give good set up pass. Ensure last pass leads the shooter

