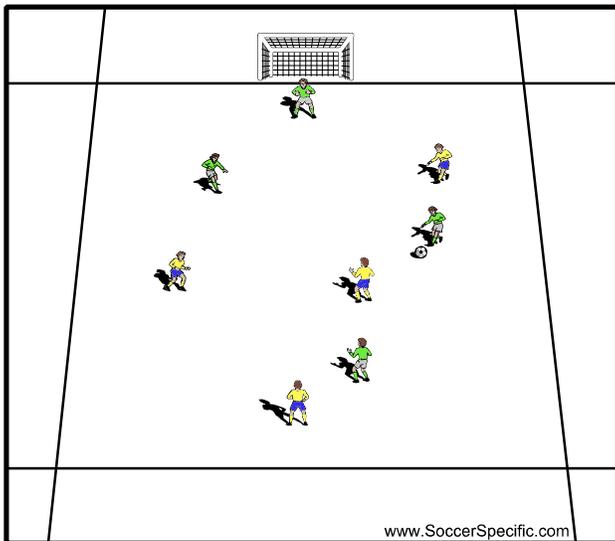


**ACTIVITY #1**

**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing



**ACTIVITY #2**

**Set up:** Finishing with a Bouncing Ball

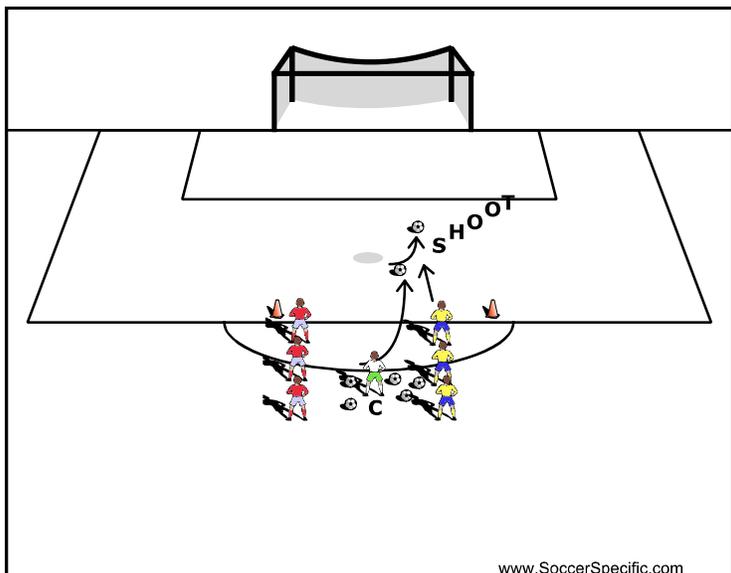
2 Groups of players line up on either side of the coach at the 18 yard box.

**Instructions:** One player at a time coach lobs a ball from behind the player. Player reacts to the ball and makes a strike on net. Alternate sides.

**Coaching Points:** Younger players have the ball rolled out to play the ball off the ground.

Stress timing to get behind the ball. Must put players weight over the ball.

Older players can compete for the ball- player from each side at the same time



**ACTIVITY #3**

**Set up:** Diagonal Pass & Shoot

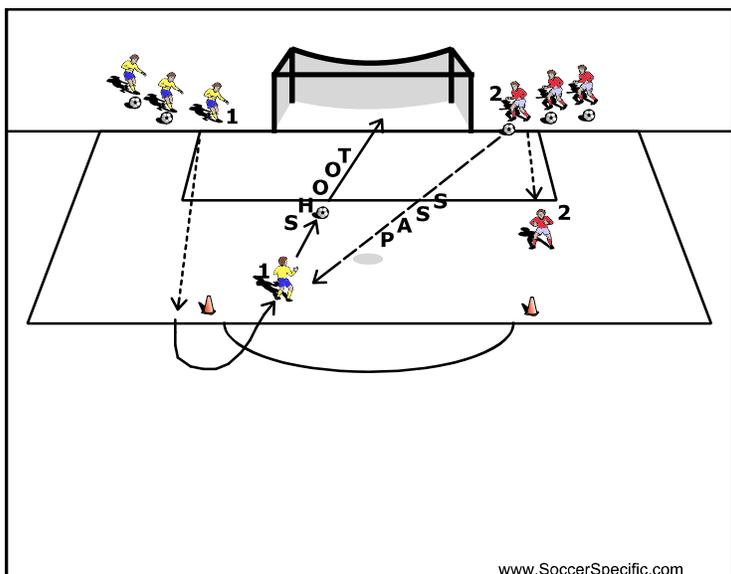
Players line up in 2 groups on either side of the net. A cone is placed directly out from the players at approximately 18 yard box.

**Instructions:** Player runs out towards cone with no ball. Player rounds the cone back toward the net. Player from the opposite side plays a diagonal pass then proceed towards the cone on their side. Initial player making the run now makes a shot on goal. Drill becomes continuous when the second player now receives a pass

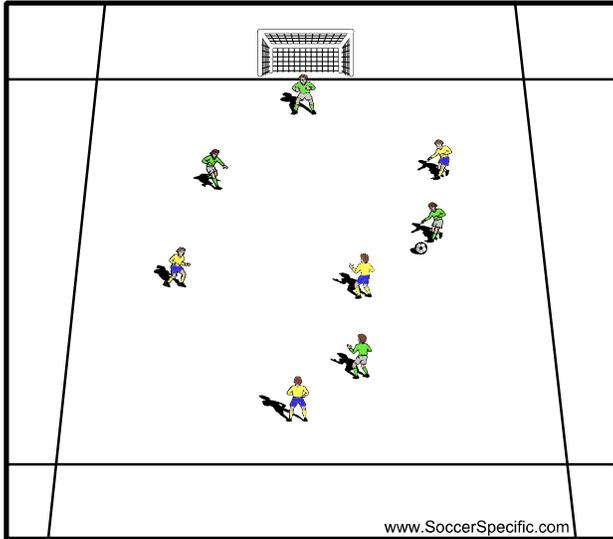
**Coaching Points:** With younger players have coach beside the net play the pass to focus on finishing.

Encourage players to shoot with both feet. Body weight over the ball and aim for the corners.

Accuracy over power



**ACTIVITY #4**

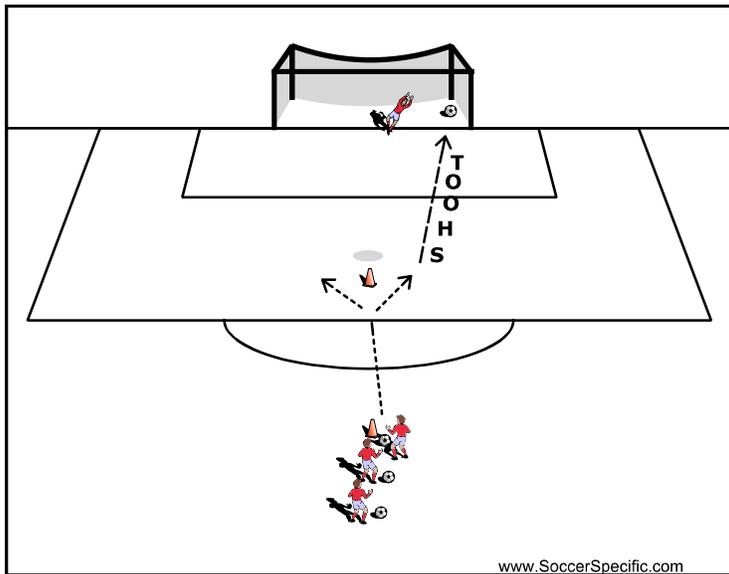


**Set up:** SSG

**Instructions:** Split players into 2 teams

**Coaching Points:** Encourage good use of field space, communication, and passing

**ACTIVITY #5**



**Set up:** Side Step N Shoot

Players in a single line behind a cone approx 30 yards out from goal. Second cone placed at top of 18 yard box

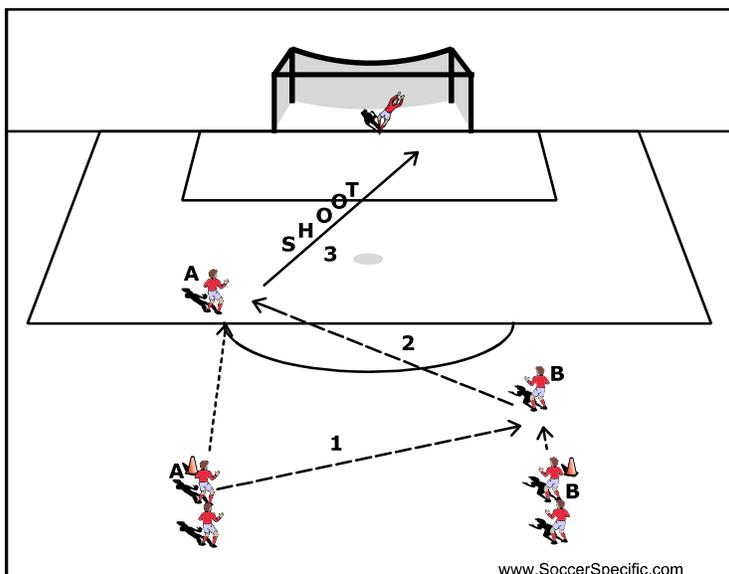
**Instructions:** Player dribbles towards cone simulating a defender. At the cone player quickly moves right or left and then immediately strikes on goal.

**Coaching Points:** Younger players move closer to goal.

Older players can actually have a passive defender.

Strike ball with right or left foot depending on which way player moves. Stress just looking for shooting lane therefore quick shot after lateral movement

**ACTIVITY #6**



**Set up:** Shooting - 2 V 0

2 Lines of players outside the 18 yard box

**Instructions:** One player from each line pass between them moving towards goal. Finish with shot on net

**Coaching Points:** Players must lead teammate with the pass. Appropriate timing on shot with respect to distance from goal